TRADERS 'HIDING' OIL IN SUPERTANKERS, PG 9

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Style Pg 20

Necklaces can make bold statement

Given the boot

U.S. female Iraq war resister told to leave Canada by Jan. 27

When Kimberley Rivera shipped out to serve in Iraq with the U.S. Army in the fall of 2006, she saw herself rebuilding homes, feeding the hungry and helping children.

Barely three months into her 15-month mission, Rivera, a gate guard in Baghdad, had had enough. A young mother herself, she was haunted by the sight of children crying, forever traumatized by the war.

On leave for two weeks, Rivera decided she couldn't go back to war. In January 2007, she packed up her family from Fort Carson, Col., and drove to Canada, hoping to obtain refugee status on humanitarian and compassionate grounds.

Rivera, the first female U.S. Iraq war resister to seek refuge in Canada, was told by the Immigration and Refugee Board yesterday morning that she and her family must leave the country by Jan. 27 or face deportation.

The decision will force Rivera, 26, to uproot her family — her husband, Mario, and their three children, including six-week-old daughter Katie — from their Parkdale home. In the U.S., she faces the prospect of jail for desertion.

"It's really overwhelming," she said at a news conference yesterday afternoon, cradling a sleeping Katie in her arms.

> **"I came here in my belief, I'll leave here in it as well."**
> Kimberley Rivera

"It'll be heart-breaking," added her husband, noting their two older children go to school in Toronto.

The couple both worked full time — she in a bakery, he in various labour jobs — until Katie was born. Rivera is taking time off work to care for the baby.

The family plans to consult a lawyer in case they can appeal the decision, she said.

Rivera stressed she doesn't regret her decision to leave the army, even if it leads to deportation and a criminal record in the U.S.

"I came here in my belief, I'll leave here in it as well," she said.

Roughly 200 American war resisters are believed to be living in Canada.

TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Kimberley Rivera cradles her newborn baby Katie yesterday during a media conference. Rivera is the first female U.S. Iraq war resister to seek refuge in Canada. She was told yesterday that she and her family must leave the country by Jan. 27 or face deportation.

Strides made in search of Gaza Strip ceasefire deal

Israel resumed its Gaza offensive yesterday, bombing heavily around suspected smuggling tunnels near the border with Egypt after a three-hour lull to allow in humanitarian aid. Hamas responded with a rocket barrage.

Despite the heavy fighting, strides were made on the diplomatic front with the United States throwing its weight behind a deal being brokered by France and Egypt.

While the Security Council failed to reach agreement on a ceasefire resolution, Egypt's UN Ambassador Maged Abdelaziz said representatives of Israel, Hamas and the Palestinian Authority have agreed to meet separately with Egyptian officials in Cairo today.

Israeli air strikes killed 29 Palestinians yesterday after leaflets were dropped warning residents to leave the area "because Hamas uses your houses to hide and smuggle military weapons."

The casualties brought the total Palestinian death toll during Israel's 12-day assault to 688.

Ten Israelis have been killed, including three civilians, since the offensive began Dec. 27.

THE ASSOCIATED PRESS

International peacekeeping force

- In Turkey, a Mideast diplomat who spoke on condition of anonymity said that country would be asked to put together an international force that could help keep the peace. And diplomats in New York worked on a UN Security Council statement backing the ceasefire initiative but failed to reach agreement on action to end the violence.

JEWISH CANADIAN WOMEN ARRESTED, PAGE 3

More doom and gloom predicted

ECONOMY Canadians should brace themselves for another year of economic woe that could even top the misery that unfolded in the latter half of 2008, according to some of the country's leading bank economists.

The flood of dire financial challenges facing the United States is still working its way steadily across the border into Canada, TD Bank chief economist Don Drummond told a gathering at the Economic Club of Toronto yesterday.

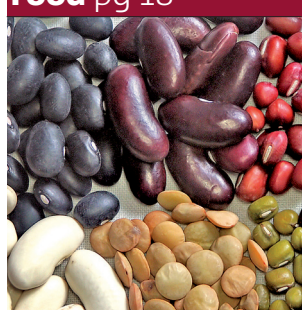
"We shouldn't really be thankful for the end of 2008 because I think (it) will have proven to be a better year than 2009," he said. "We'll have a rough fourth quarter, but it'll really hit in Canada in the first quarter, and we'll start to see a lot more variables that look somewhat like the United States."

THE CANADIAN PRESS

Canada pg 5

Soldier killed in Afghanistan

Food pg 18



Beans pack healthy punch

Homes pg 15

Perfect time for new look

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Durham police warn of multiple carjackings
Durham Region police now say the three men who carjacked a woman on Christmas Day may also be responsible for a similar incident in the summer, as well as a handful of robberies earlier that night. The suspects, who are still outstanding, are described as three males, black, in their late teens to early 20s. They were wearing dark clothing. TORSTAR NEWS SERVICE

Local

Miller lays out infrastructure plan

Toronto Mayor David Miller has outlined his infrastructure wish list for Ottawa, before the federal budget is unveiled Jan. 27. Miller's list includes: $75 million toward restoring Union Station; $100 million to repair 9,000 social housing units; $110 million to start Phase 2 of the Regent Park redevelopment, along with work in the Railway Lands and West Don Lands housing developments.

TORSTAR NEWS SERVICE

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Tomorrow's Metro

Movies

Look for the review of Anne Hathaway and Kate Hudson's much-anticipated new film Bride Wars in tomorrow's Metro.

metronews.ca
What's online today.

Medicine Scientists are developing tiny robots to fight disease from the inside at **metronews.ca/canada**

Video Experts predict Canada's economic fortunes will worsen in 2009 at **metronews.ca/canada**

Lotteries

Ontario Pick 3: 3 9 3; **Ontario Pick 4** : 0 3 5 1
Encore: 3316873
Daily Keno: 5, 14, 15, 19, 20, 22, 28, 36, 39, 49, 50, 55, 56, 57, 60, 62, 66, 68, 69 & 70.
These results are not official.

United Way $4M short

If the United Way of Toronto fails to make its 2008 fundraising goal it will mean less food, shelter and other crucial services for the city's needy, warn local social agencies.

"We have a social safety net in the city and it's made up of community agencies," said Debbie Field, executive director of FoodShare Toronto. "If it wasn't for the United Way, we couldn't survive."

The organization is $4 million shy of its $110 million goal with two weeks remaining in its campaign, which was launched in September.

"This is one of the toughest campaigns that we have ever experienced," United Way president and CEO Frances Lankin said yesterday.

"I don't think any of us knew how difficult it would be when we set our goal."

Lankin said the $110 million goal, $2 million more than 2007's total, reflects the community's growing needs. TORSTAR NEWS SERVICE

Individual sponsors fund the Way

- The United Way reports that its gets 80 per cent of its yearly donations from individual donors, while the other 20 per cent comes from corporate sponsors.

Jewish women protest at Israeli consulate

POLITICS The eight Jewish Canadian women who were arrested while holding a protest inside the Israeli consulate have been released.

The RCMP arrested and handcuffed the women, who were staging a sit-in protest against the ongoing Israeli assault on Gaza inside the consulate at 180 Bloor St. W. The women were held briefly inside a paddy wagon, but were not charged and were released.

A paddy wagon with the women inside drove past a group of chanting protesters outside the consulate just before 1 p.m.

Included in the group were Israeli peace activists, filmmakers, the president of Science for Peace and a variety of students.

"Israel purports to represent all Jews worldwide and these atrocities are not being committed in our name," said spokesperson and filmmaker Cathy Gulkin, standing outside of the consulate.

She said the point of the protest was to draw attention to the fact that not all members of Toronto's Jewish community support the agenda of the Israeli government. TORSTAR NEWS SERVICE

AARON HARRIS/TORONTO STAR

Jenny Peto, at centre in blue jacket, speaks to media after being released by police behind the Israeli Consulate in Toronto, yesterday. Peto and several other women occupied the consulate in protest against the on-going Israeli assault on Gaza.

OLG settles with unlucky 'winner'

LOTTERY Unlucky lotto "winner" Thomas Noftall may not have won the jackpot, but the 27-year-old will take home some cash from the Ontario Lottery and Gaming Corp. after all.

OLG offered Noftall an apology and an undisclosed financial settlement yesterday after a printing error on his lottery tickets led him to believe he had won $135,000.

"I didn't get my dream, so I'm going to keep playing Lotto 6/49," Noftall said. "I can keep hoping, can't I?" TORSTAR NEWS SERVICE

News in brief

PLASTICS BAGS An official City of Toronto plastic bag, with the city logo emblazoned on each side was delivered to each councillor's office this week, filled with the City of Toronto lapel pins councillors give out each year. Normally it wouldn't raise an eyebrow but this year Toronto has embarked on a campaign to curb the use of plastic shopping bags. The city says the bags were bought long before the recent campaign.

DEATH The 42-year-old homeless man who died Tuesday after suffering 80 per cent burns to his body was most likely an accident, and police say they do not suspect foul play. TORSTAR NEWS SERVICE

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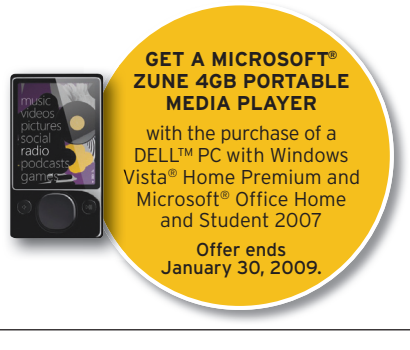

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TTC yanks billboard
The TTC has agreed to remove a billboard near Yorkdale after a watchdog group charged the sign was illegal. TORSTAR NEWS SERVICE

VINCE TALOTTA/TORSTAR NEWS SERVICE

Dwight McFee , 57 of East York shovels his walkway following Tuesday night's massive dump of snow.

Be friendly or be fined

Some areas levy hefty tickets for unclear walks

Call it a strong sense of civic duty, call it a guilt complex, but 73-year-old Etobicoke resident Catherine Hopewell spent the better part of yesterday morning digging out her driveway, along with her neighbours' sidewalks.

But she doesn't have to, according to a city report that pointed out Etobicoke and York residents don't have to pay fines for letting the snow pile up.

It's a different story in the old city of Toronto and East York, where sidewalk plows can't navigate narrower streets and residents are expected under a by-law to clear the walks themselves within 12 hours of a snowfall.

"It's a chance to meet your neighbours and bitch ... We're Canadians, that's what we do."
Dwight McFee on shovelling snow

Some 383 fines were levied last winter, the report said.

"I know just about everybody down the street here. It's a neighbourly thing to do, really," said Hopewell. "Don't you feel guilty about not (shovelling)?"

Across town in East York, where a snowy sidewalk can cost you $125, Dwight McFee was digging out.

The 57-year-old said shovelling is a Canadian tradition, one that goes hand-in-hand with a more enjoyable pastime.

"It's a chance to meet your neighbours and bitch," he said. "We're Canadians, that's what we do."

And if people don't grab a shovel and join in?

"Damn right they should be fined. If you want to be selfish in the age of greed, then this is what you get," he said.

TORSTAR NEWS SERVICE

News in brief

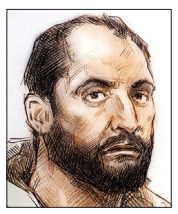
LIVENT Theatre impresario Garth Drabinsky was too busy flying around North America producing first-class shows to be aware of an accounting fraud at his company, his lawyer argued yesterday. Drabinsky and Livent co-founder Myron Gottlieb have pleaded not guilty to fraud and forgery that allegedly occurred at the Toronto-based company between 1989 and 1998.

NEIGHBOURHOODS Toronto has re-branded the infamous Jane and Finch area as University Heights. The grey, black-and-white signs have sprung up recently on hydro poles in the area. It's part of a Toronto city council initiative to rename neighbourhoods that have bad imagery associated with them to help the local economies.

TORSTAR NEWS SERVICE

New Year's Day slaying suspect read charges

CRIME Kamikar Singh Dhillon stood silently in the prisoner's dock at Brampton court yesterday, listening to a Punjabi interpreter as he was remanded in custody, charged with first-degree murder in the New Year's Day slaying of his daughter-in-law.


Court sketch of Kamikar Dhillon

The 47-year-old Malton man was arrested Tuesday, just days after he was released from hospital, claiming he'd been wounded in the same knife attack that claimed the life of Amandeep Kaur Dhillon, 22.

He had quickly gone from victim to murder suspect in the eyes of Peel homicide detectives.

Police now think the neck wounds he suffered on Jan. 1 were self-inflicted.

Dhillon's lawyer, Suny Virk, told court his client had suffered "substantial injuries" to his neck and would require medical treatment in jail. Dhillon was ordered to return to court on Jan. 21. He must make application to Superior Court to attempt a release on bail. TORSTAR NEWS SERVICE

Auto theft numbers drop in Manitoba
The number of stolen vehicles in Manitoba — long considered the car-theft hot spot in Canada — has dropped by 36 per cent. Manitoba Public Insurance says there were 4,465 vehicles stolen in the province last year — about 2,500 fewer than in 2007. THE CANADIAN PRESS

Canada

Budget focuses on infrastructure

A massive infusion of infrastructure spending is emerging as the central plank of Ottawa's economic recovery plan as federal Conservatives prepare to unveil "one of the most important budgets in Canadian history." With job worries mounting, targeted government spending on roads, bridges and other big-ticket projects could help the country weather the downturn, said Transport Minister John Baird, left, Ottawa's point man on the infrastructure file. TORSTAR NEWS SERVICE

Canada gives $4 million for Gaza aid

RELIEF Canada donated $4 million for humanitarian aid in the war-ravaged Gaza Strip yesterday, while repeating its call for an "immediate and durable" ceasefire. Ottawa will give $3 million to the United Nations relief effort and another $1 million to the Red Cross to help Palestinians caught in the fighting between Israeli forces and militant Hamas fighters, said Foreign Affairs Minister Lawrence Cannon. Meanwhile, Cannon said efforts were continuing to arrange the evacuation of 39 Canadians caught up in the confrontation. Speaking after a Conservative government caucus meeting, Cannon reasserted Canada's position that the Palestinians' duly elected Hamas government is a "terrorist group."

THE CANADIAN PRESS

Bomb claims soldier

Trooper year's first Canadian death in Afghanistan

A roadside bomb, the Taliban's weapon of choice, has claimed Canada's first casualties of 2009, killing one soldier and injuring three others yesterday.

Trooper Brian Richard Good, 42, was killed and three soldiers were wounded when their armoured vehicle struck an improvised explosive device in Shah Wali Kowt, a village 35 kilometres north of Kandahar City. The incident occurred about 8 a.m. local time.

Good, the 107th Canadian soldier killed in Afghanistan, was remembered as an easy-going, helpful man with a great love for his wife, Sandra, and his two daughters, whom he often spoke about to his fellow soldiers.

Reached at the family home in a suburb of Ottawa, Sandra Good declined to speak with a reporter about her husband.

DND HANDOUT

Trooper Brian Richard Good

A Taliban spokesman told The Canadian Press in Kandahar that the insurgency was making a deliberate effort to plant more roadside bombs and dispatch suicide bombers in order to keep up the deadly momentum through the winter.

IED factor

- Good's death is the 10th Canadian fatality in just more than one month — all from IEDs. December 2008, which saw the deaths of 27 NATO soldiers, was the deadliest winter month for the coalition since 2001.

"It is definitely a plague and it is difficult to fight," Col. Jamie Cade, acting commander of Canadian forces in Afghanistan, said of the IEDs.

"It's a few people planting explosives in commonly used routes and some not some common routes," he said, adding the coalition forces are expending a lot of effort and using technology and intelligence to combat the planting of the bombs.

TORSTAR NEWS SERVICE

Army captain released with bail conditions

MURDER CHARGE Canadian Armed Forces Capt. Robert Semrau, charged with second-degree murder in last fall's shooting death of a severely injured Taliban fighter in Afghanistan, was released yesterday from custody.

Semrau's bail came with seven conditions, including that he not possess weapons, ammunition or explosives, even in the course of his duties with the 3rd Battalion of the Royal Canadian Regiment.

"I am satisfied on the balance of probability ... that custody is not necessary," military judge Lt.-Col. Louis-Vincent d'Auteuil told the hearing.

After being held for eight days, Semrau showed obvious relief as did his wife of nine years, who sat through the two-day hearing with their baby daughter.

D'Auteuil said despite the serious charge, Semrau, 35, in his opinion did not pose a public threat or a flight risk and noted Semrau's exemplary record in the Canadian Forces and the British army before that.

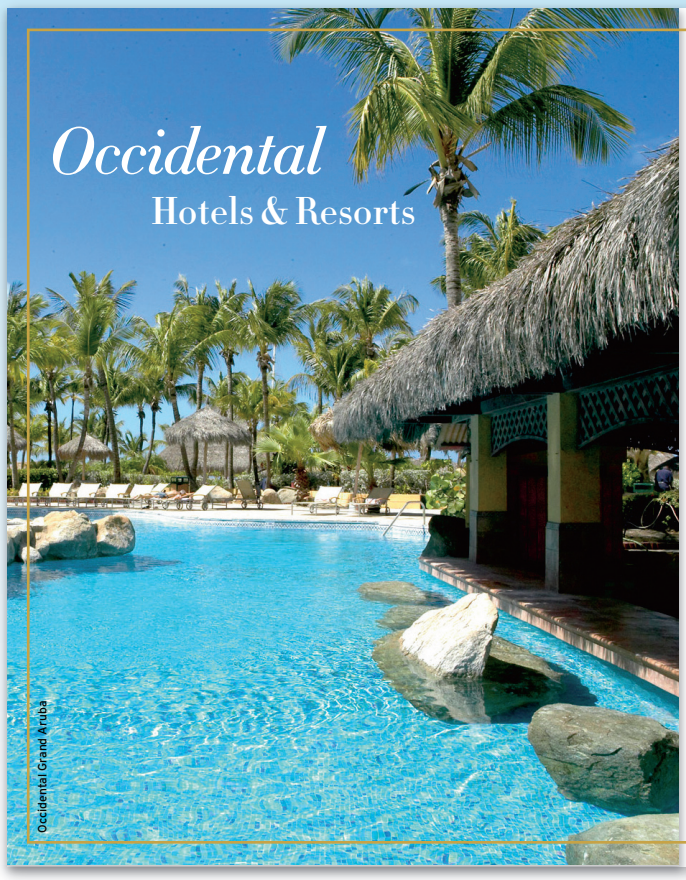
TORSTAR NEWS SERVICE

News in brief

LEGAL The country's top court, back to a full complement of nine judges, will weigh Wal-Mart's claim that it did not close a Jonquière, Que., store to crush a fledgling union, as well as a new "responsible journalism" defence to defamation lawsuits during the winter session that starts this month.

TORSTAR NEWS SERVICE

AIR CANADA VACATIONS



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Canada still in dark about missing diplomats
Foreign Affairs Minister Lawrence Cannon says officials have been working in diplomatic channels and on the ground but apparently have no solid leads in their efforts to track down two Canadian diplomats who disappeared in Niger last month. THE CANADIAN PRESS

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THE CANADIAN PRESS FILE PHOTO
Winston Blackmore, the religious leader of the community of Bountiful, B.C., shares a laugh with his daughters and some of his grandchildren in April last year. Blackmore, along with James Oler, now faces charges under Canada's polygamy law.

First polygamy charges laid

KRISTEN THOMPSON
Metro Canada

Two members of the allegedly polygamist community of Bountiful — including leader Winston Blackmore — were arrested yesterday in what B.C.'s attorney general says is the first time Canada's polygamy law has been enforced.

Blackmore, 52, and James Oler, 44, have been charged with having multiple wives, which is against the law under section 293 of the Criminal Code.

It's alleged Blackmore has 20 wives and Oler has two.

"I think this situation is intolerable. I don't think right-thinking Canadians want this situation to exist," Attorney General Wally Oppal said.

"We've always felt that there has been exploitation (in Bountiful)," he added. "The question was whether, given our laws, we were in a position to proceed (with charges), and we determined we were."

Blackmore is considered the leader of the community of 1,000 people, who are members of the Fundamental Church of Latter Day Saints.

Investigation

- The RCMP has been investigating allegations of polygamy and exploitation in the small religious settlement near Creston for 20 years.

Tory in for 'long haul'

Progressive Conservative Leader John Tory's gruelling 15-month quest for a seat in the Ontario legislature is almost over.

Sources say MPP Laurie Scott is poised to vacate her Haliburton-Kawartha Lakes-Brock riding so the embattled leader can contest a by-election there.

Tory, who has been without a seat since losing in Don Valley West to Liberal Education Minister Kathleen Wynne in the October 2007 provincial election, indicated yesterday he's in it for the long haul.

"I will announce my plans on Friday and I hope I will have a lot of opportunity in 2009 to be an effective leader and to make a big difference in returning Ontario to its first place in Canada," he told Radio-Canada.

The interview, broadcast last night, is the only one Tory has granted at Queen's Park since spending two weeks in Kenya over Christmas pondering his political future.

TORSTAR NEWS SERVICE

News in brief

INQUIRY The long-delayed inquiry into the Mulroney-Schreiber affair won't be able to complete its work and deliver a final report until the end of 2009 — 25 months after Prime Minister Stephen Harper asked for the probe.
Justice Jeffrey Oliphant, the head of the inquiry, confirmed yesterday that unforeseen technical and other problems will make it impossible to meet his previously established deadline of mid-June.

DEATH The family of a Canadian woman found hanged in the Philippines waited anxiously yesterday to see whether national authorities there would investigate a death they strongly believe was a murder, not a suicide. Elisa Loyo Gutierrez, who would have turned 26 today, was found hanged by an electrical cord in an unused office at the resort where she had been working as a sous-chef since September.

THE CANADIAN PRESS

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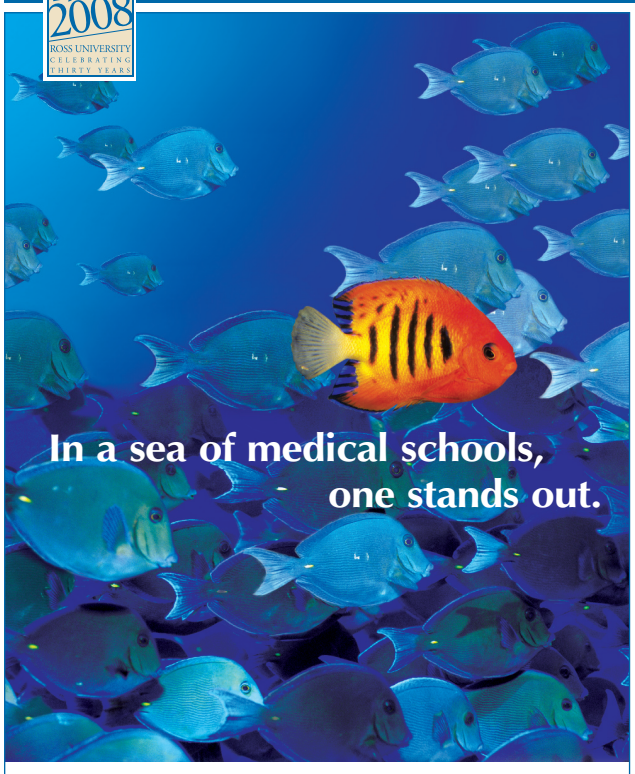

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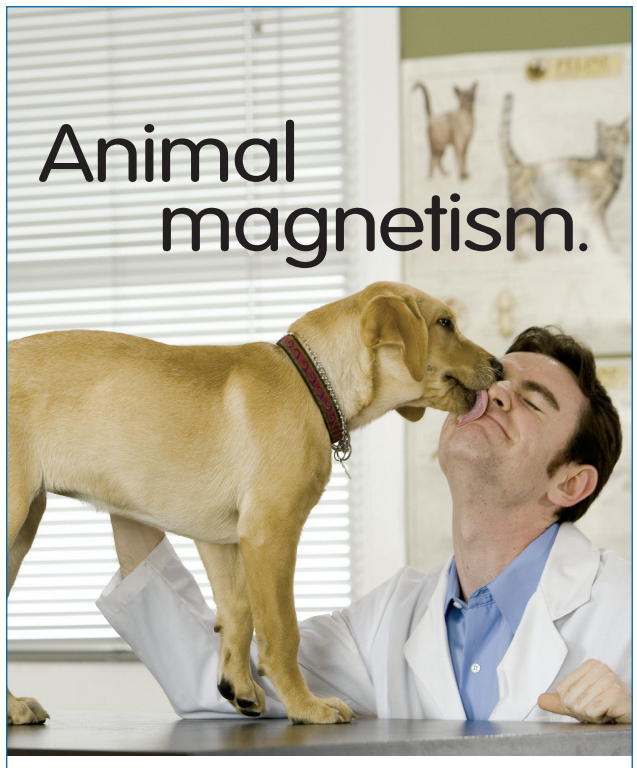

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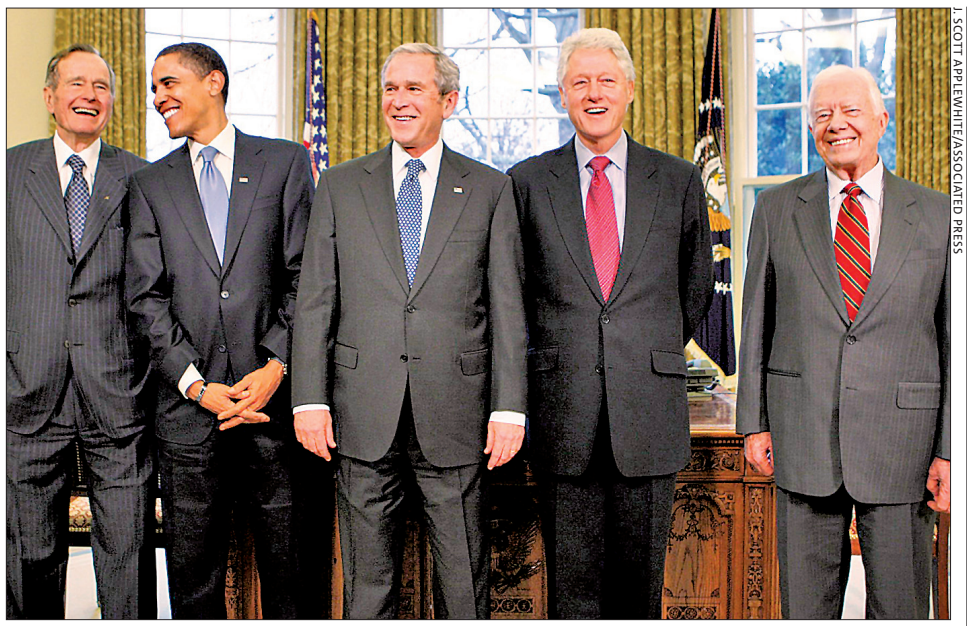
Treasury pleads for new way forward with housing
Treasury Secretary Henry Paulson says allowing mortgage giants Fannie Mae and Freddie Mac to return to their old operating ways is not an option. Paulson says Congress and the next administration must decide the proper role government should play in supporting home ownership. TORSTAR NEWS SERVICE

World

Mississippi has highest teen birth rate

Mississippi now has the highest teen birth rate in the United States, displacing Texas and New Mexico for that lamentable title, a new federal report says. Mississippi's rate was more than 60 per cent higher than the national average in 2006, according to new state statistics released yesterday by the U.S. Centers for Disease Control and Prevention. The teen birth rate for that year in Texas and New Mexico was more than 50 per cent higher.
THE ASSOCIATED PRESS



J. SCOTT APPLEWHITE/ASSOCIATED PRESS

U.S. president-elect Barack Obama is welcomed by President George W. Bush for a meeting at the White House in Washington yesterday with former presidents, from left, George H.W. Bush, Bill Clinton and Jimmy Carter.

Out with the old, in with the new

Past presidents greet Obama at White House

Confronting a grim economy and a Middle East on fire, Barack Obama turned yesterday to perhaps the only people on the planet who understand what he's in for: the four living members of the U.S. presidents' club.

In an image bound to go down in history, every living U.S. president came together at the White House yesterday to hash over the world's challenges with the president-elect. There they stood, shoulder-to-shoulder in the Oval Office: George H.W. Bush, Obama, George W. Bush, Bill Clinton and Jimmy Carter.

"For me to have the opportunity to get advice, good counsel and fellowship with these individuals is extraordinary."
President-elect Barack Obama

"This is an extraordinary gathering," Obama said, looking plenty at ease in the humbling office that will soon be his.

"All the gentlemen here understand both the pressures and possibilities of this office," Obama said. "And for me to have the opportunity to get advice, good counsel and fellowship with these individuals is extraordinary. And I'm very grateful to all of them."

Earlier, Bush and Obama met privately in the Oval Office in a chat expected to cover events of the day, mainly the troubled economy and Middle East. The two have shown solidarity since Obama's win in November, with one previous Oval Office sit-down and at least a few phone calls.
THE ASSOCIATED PRESS

Canadians set South Pole record

FASTEST A trio of Canadian adventurers spent more than a month trudging through dizzying whiteouts and knee-deep snow to break the world record for the fastest unsupported journey across Antarctica to the South Pole.

Ray Zahab, 39, of Chelsea, Que., Kevin Valley, 44, of North Vancouver, B.C., and Richard Weber, 49, of Alcove, Que., arrived at the South Pole on yesterday after trekking 1,130 kilometres on skis, snowshoes and foot through the frozen landscape.

It took the men 33 days, 23 hours and 30 minutes to complete the journey from Hercules Inlet on the Ronne Ice Shelf to the South Pole.

For the first leg of the trip, they had to fight their way through frozen snowdrifts that resembled ocean waves.

The landscape then gave way to knee-deep snow for the second half of the journey.

Throughout it all, the toughest element for the team was fending off the feelings of vertigo brought on by whiteout conditions, Zahab said.

"It was like walking in a cloud," Zahab said. "Literally, you couldn't tell sky from ground."
THE ASSOCIATED PRESS

Previous adventurers

- Todd Carmichael, a 44-year-old American adventurer, set the previous record last month by finishing the same trek in 39 days and seven hours.
- Before Carmichael, the speed record belonged to Britain's Hannah McKeand, who made the trip in 2006 in 39 days and nine hours.

Sri Lanka outlaws Tamil Tiger group

WARS The Sri Lankan government officially outlawed the Tamil Tiger rebel group yesterday, ruling out the possibility of restarting peace talks any time soon to end a quarter-century of civil war.

The move puts more pressure on the separatist guerrillas, who suffered a major blow when the Sri Lankan military captured their de facto capital last week.
THE ASSOCIATED PRESS

Competing to be a wonder

INTERNET The Grand Canyon, Mount Everest and Loch Ness will vie with more than 200 other spectacular places in the next phase of the global competition for the New 7 Wonders of Nature, organizers said yesterday

The 261 nominees from 222 countries include some of the most famous mountain peaks, lakes, and other attractions, such as the Great Barrier Reef and Niagara Falls. Canada's other nominees are: Long Point in southern Ontario, Rocher Perce in the Gulf of St. Lawrence, Alberta's Dinosaur Provincial Park, Gros Morne National Park in Newfoundland and the Bay of Fundy between Nova Scotia and New Brunswick.

Over a billion people are expected to join in Internet voting.
THE ASSOCIATED PRESS

Voting

- Votes can be cast until July 7. Registration on the website aims to prevent people from voting twice.

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Comment & Views

Comment

Obamania ... for now

Home&Abroad

Andrew Cohen

Canada & world insight

In the National Museum of American History, the repository of this country's past, the curators are not waiting for the inauguration of Barack Obama on Jan. 20.

They have already entered his name and face in its gallery of presidents, a permanent exhibition subtitled "A Glorious Burden." There he is, the smiling 44th president of the United States, the last in a glorious — or inglorious — line stretching from George Washington to George W. Bush.

There is that sense of anticipation in Washington, the imperial city seized with Obamania. It is as if the torch has already been passed; in stores and restaurants of F Street, it is all Obama, all of the time.

In the boutique of the Smithsonian Institution — in America they find the money to tell their story in a national history museum and a national portrait gallery — a clutch of new biographies of Mr. Obama are for sale.

A block from the White House, a large souvenir shop offers nothing but Obama memorabilia. Visitors are greeted by life-size cut-outs of the man and a replica of the majestic desk that once belonged in the Oval Office of John F. Kennedy (from which his toddler, John Jr., was famously photographed peeking out from a front panel. Now, in doctored images, Mr. Obama's daughters are peeking out.)

The president-elect's face is everywhere — on buttons, cuff links, pens, hot sauce, bookmarks, pins, golf balls, champagne glasses, dish towels, paperweights, T-shirts. This week newspapers are running stories of Mr. Obama vacationing in Hawaii. They report breathlessly he has a great torso.

It is all very silly, but it shows the prominence of the president in politics, and in the zeitgeist, too. As singer Andy Kim once said of Richard Nixon, "he's everybody's daddy for awhile."

Then again, for a country enfeebled at home and encumbered abroad, facing epochal challenges, the prospect of change is a tonic for an ailing soul.

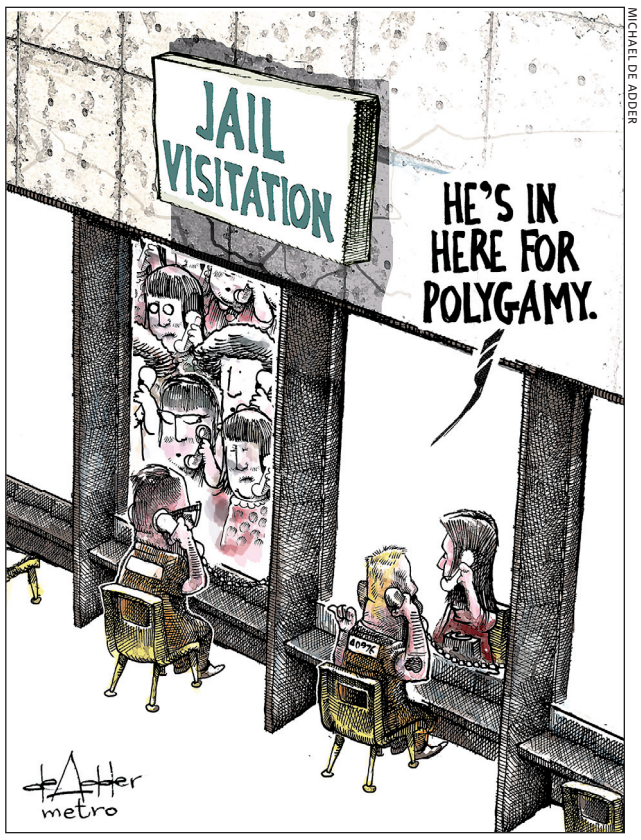
Inaugurations have long been occasions in America, which is always interested in the next new thing. They are a celebration of democracy as much as an affirmation of partisanship, which is why there is that parade, which goes on for hours, followed by all those extravagant balls. With that comes the usual commercialism, which has been around since Washington took the oath of office in 1789. To inaugurate is to commemorate. To commemorate is to sell. No one sells better than Americans.

The inscriptions on all those faux medallions do not say that Barack Obama was the first president born outside the 48 states or that he is the first sitting senator to take office since JFK. It is that Barack Obama is the first black American elected president. It will be the first line of his obituary. The second line, though, will say what he did with it.

The worse things get, the greater the expectations of the new president. His popularity will never be greater than it is today, as he will learn when the parade ends and cheers fade on Jan. 20.

He has been dealt a difficult hand, his burden is great, and it won't always be glorious.

Andrew Cohen teaches journalism at Carleton University. He is the author of Extraordinary Canadians: Lester B. Pearson.



MICHAEL DE ADDER

Jail request may be attempt to force Madoff to co-operate

A debate is raging over the fact Bernard Madoff remains free on bail, spending his days in his luxury Manhattan penthouse despite being accused of the largest financial fraud in history.

Investors, editorial writers, and the general public have all expressed outrage, and prosecutors argue Madoff should be behind bars because he could flee or hide assets. But the push to jail the disgraced financier may have another, hidden purpose: Payback for his decision to stop co-operating.

Madoff, despite a dramatic confession during his arrest, has quit talking about how the money was collected and where it went, hampering the investigation and killing any incentive to give him a break on bail, officials familiar with the case said.

THE CANADIAN PRESS

Bernard Madoff

"The attempt to put him in jail is a way to ratchet up the pressure to resume co-operating," said John Coffee, a professor at Columbia Law School. The issue made headlines this week when prosecutors accused him of mailing jewelry to relatives and friends.

TOM HAYS AND LARRY NEUMEISTER/ THE ASSOCIATED PRESS

Views

Systemic barriers hurt minorities, business

Wendy Cukier

Diversity is a competitive advantage in the global economy. Canada, with more than 200 ethnic groups speaking more than 100 different languages every day, is considered an inspiration for the rest of the world. But we cannot rest on our laurels. Just two weeks ago, former Ontario chief justice Roy McMurtry and former MPP Alvin Curling released a report on the roots of violence concluding that racism is alive and well. Systemic barriers and the absence of role models can crush the hopes and aspirations of young people. Their use of the "r" word was deliberate. It makes us bristle, but gets our attention.

Systemic barriers facing visible minorities are not just a problem in "those" neighbourhoods. They affect our governments, our universities, and our corporate boardrooms.

The business case for diversity is compelling. In spite of the economic downturn, our aging population and declining birthrate mean that by 2011 all work force growth in Canada will come through immigration. Attracting and retaining immigrants is essential to corporate success. And research shows diversity is good for business — matching the workforce to the communities served helps win the hearts and wallets of consumers.

In 2006, visible minorities were more than 40 per cent of the residents of Toronto and Vancouver; 22.2 per cent of Calgarians and over 16 per cent of residents in Montreal, Ottawa and Edmonton. But visible minorities, and women, are vastly under-represented in leadership roles. Legislatures, city halls, universities and images of wealth and power dominating the media are dominated by white males.

Many of the barriers to advancement stem from thoughtlessness rather than intention. Most jobs, for example, are never advertised. Employers rely on word of mouth and personal networks. Exclusion from these "informal networks," is a huge barrier.

Dr. Margaret Yap, from Ryerson University's Diversity Institute, co-authored a survey of middle managers in large Canadian corporations and found that visible minorities (and women) are more likely to believe they are held to higher standards of performance and have less mentoring than their white colleagues.

Images of leaders offer role models. They shape goals, expectations and performance. We must watch the gap between our aspirations for a just society and the reality. But clearly the glass is half full. In a short time, Barack Obama has offered a transformative image of leadership, success and power. And we can only hope that more will follow.

Wendy Cukier is the Associate Dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.

Quote of the Day

"At the end of the day we'll have outperformed much of the rest of the world, certainly the rest of the G7."

— Bank of Montreal's Sherry Cooper, noting she believes government policies and monetary stimulus will bring the country out of a recession.

SOURCE: THE CANADIAN PRESS

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Toronto stock index loses most of new year's gains
Toronto's S&P/TSX composite index snapped a six-session winning streak to tumble 350.77 points to 9,121.32, erasing a huge chunk of its new year's rally yesterday. THE CANADIAN PRESS

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

High-stakes oil game

Traders storing cheap crude in supertankers

Crude oil prices fell 12 per cent yesterday, the largest percentage drop in seven years, after a U.S. inventory report showed a big glut in the market.

But the perception there will be a rebound in demand during the second half of the year has some traders playing a high-stakes game — chartering supertankers to purchase and store huge volumes of inexpensive oil that can be sold on the futures market at a healthy profit.

Giants of the sea

- The largest supertankers, if stood on their end, would each be as tall as the Empire State Building in New York.
- The carriers hold about 2 million barrels of crude.

A barrel of crude plunged $5.95 US to $42.63 in New York, backtracking on a week of gains.

The decline was blamed largely on a U.S. report that showed commercial crude inventories last week increased by 6.68 million barrels. That's more than four times higher than the consensus expectations of analysts.

Analysts say the opportunity to buy oil at less than $43 and sell it in the futures market for 60 per cent more for delivery a year from now is too profitable to resist.

TORSTAR NEWS SERVICE

In brief

REITMANS One of Canada's leading specialty clothing retailers, Reitmans (Canada) Ltd., said same-store sales fell 5.4 per cent in December, raising questions about how other retailers fared amid worsening economic news and deep price discounting.

AIRLINES Canada's two major air carriers say they flew fuller planes in December in spite of the economic gloom. WestJet said its load factor was 80.9 per cent. Air Canada reported a load factor of 81.7 per cent.

MEDIA Time Warner Inc. says it expects to record a fourth-quarter $25-billion US impairment charge for its cable, publishing and AOL units that will lead to an operating loss for the period.

METRO NEWS SERVICES

Outsourcing firm's head quits over cooked books

Ramalinga Raju visited Toronto four years ago to talk about how Indian outsourcing firm Satyam Computer Services was using Canada to gain access to the huge U.S. market.

Yesterday, the chairman of India's fourth-largest software services exporter tendered his resignation, revealing that Satyam's profits had been massively inflated over the years — that caused the company's stock price to plummet nearly 80 per cent. Raju claimed about $1 billion US, or 94 per cent, of the cash on the company's books was "artificial" or "non-existent."

Mississauga

- In 2004, Satyam opened its first Canadian development centre in Mississauga with 100 workers to ease concerns that some U.S. companies had about sending jobs overseas.

The biggest corporate scandal in India's memory promises to shake up the country's outsourcing sector while possibly threatening foreign investment in the country.

In Canada, Satyam's clients include four of the big five banks. With offices in Toronto, Montreal and Calgary, it also does business in the health-care sector.

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Boldin may not play

Arizona Cardinals receiver Anquan Boldin, left, rested his injured hamstring yesterday and said he's not sure if he will play in the divisional playoff at Carolina Saturday. Boldin hurt the hamstring during Arizona's victory over Atlanta last Saturday. METRO NEWS SERVICES

Sports

Trade, rumours in Raptorland

The Raptors traded little-used Hassan Adams and cash to the Los Angeles Clippers yesterday for a future second-round draft pick, while websites such as hoopsworld.com alluded to a potential deal with the Dallas Mavericks for Josh Howard, left. The rumoured trade would send Andrea Bargnani and Anthony Parker to Dallas. METRO NEWS SERVICES

JOHN.CHICK@METRONEWS.CA

Bargnani puts aside rumours

NBA RESULT

Raptors 99 Wizards 93

Down to nine players, the Toronto Raptors still easily beat the worst-in-the-East Washington Wizards 99-93 last night, with Andrea Bargnani scoring 25 points and Chris Bosh adding 18.

Toronto's 21-point lead was cut to as few as five in the fourth quarter, and the advantage was only six at 89-83 with a little more than two minutes left.

But that's when Bosh set up Bargnani for a three-pointer that effectively sealed the outcome.

Bargnani went 4-for-5 on threes, and 4-for-4 on other field-goal attempts. Bosh scored half his points in the fourth quarter and finished with eight rebounds and six assists.

Antawn Jamison scored a season-high 32 points for Washington.

Washington, meanwhile, hasn't had Gilbert Arenas (left knee) or Brendan Haywood (right wrist) all season, and is without starting shooting guard DeShawn Stevenson, who has missed a week and is expected to be out at least another 1½ weeks with a bad back.

The Wizards — who stunned LeBron James' Cavaliers on Sunday — opened a stretch in which they play eight consecutive games against opponents whose records are currently below .500, a soft spot in the schedule they hoped to exploit.

LUIS M. ALVAREZ/THE ASSOCIATED PRESS

Andrea Bargnani shoots over Washington's Andray Blatche last night. Bargnani finished with 25 points.

Toronto led by as many as 13 points in the first quarter and 27-16 when it ended, thanks to a 71-40 edge in shooting percentage.

Instead, the Wizards (7-27) might have hit a new low by falling to the shorthanded Raptors (15-21).

It was 50-38 at halftime, but no lead has been very safe in the Raptors' hands. They entered having lost eight games in which they led by at least 10 points.

This time, though, they held on.

THE ASSOCIATED PRESS

Missing Raptors

- Jamario Moon missed last night's game in Washington as he was with his wife in Alabama as she gave birth to the couple's first child. Jermaine O'Neal (knee) and Jose Calderon (hamstring) stayed behind in Toronto.

May day for Leafs

There's a dream, and a purpose, behind Brad May's arrival with the Leafs.

The dream part began yesterday morning when May, a Toronto native, woke up in Anaheim to learn of the trade the Leafs made with Anaheim for a conditional sixth-round draft pick in 2010.

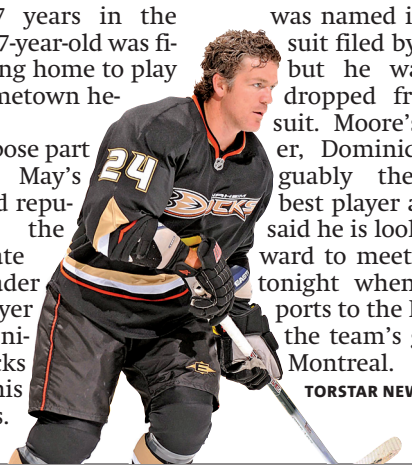
After 17 years in the NHL, the 37-year-old was finally coming home to play for his hometown heroes.

The purpose part reflects May's highly held reputation as the consummate team leader and a player who undeniably sticks up for his teammates.

"I think I have the character that Brian (Burke) wants on his teams, but I'll let other people talk about that. But really, I think I have those intangibles that teams need to have."

May has also dealt with controversy.

He was alleged to have sparked the Todd Bertuzzi-Steve Moore incident and was named in a lawsuit filed by Moore, but he was later dropped from the suit. Moore's brother, Dominic, is arguably the Leafs' best player and May said he is looking forward to meeting him tonight when he reports to the Leafs for the team's game in Montreal.



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Former champ Hilton acquitted

A Quebec judge has acquitted former boxing champion Dave Hilton Jr. of three new charges he was facing.
Hilton, 45, appeared in court briefly today on charges of sexual assault, assault and assault causing bodily harm against a woman. THE CANADIAN PRESS

NHL The blue and green

JIMMY JEONG/THE CANADIAN PRESS

Mats Sundin warms up before first game as a Canuck in Edmonton last night. Visit metronews.ca/sports for a recap.

Ruutu gets two for biting

The NHL has suspended Ottawa Senators forward Jarkko Ruutu for two games after an alleged biting incident during a game Tuesday night against the Buffalo Sabres.

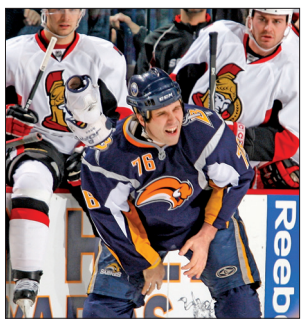
The NHL made the announcement yesterday but didn't give a specific reason for the suspension. But Buffalo forward Andrew Peters said the Senators player bit through his gloved thumb in the first period of the Sabres' 4-2 win.

Ruutu denied he bit Peters although replays seem to show him chomping down on the player's glove. Peters, who doubled over in pain and clutched his thumb, was penalized for unsportsmanlike conduct for sparking the altercation. Ruutu was not penalized.

This marks the second time this season Ruutu has been disciplined by the NHL. He was suspended for two games without pay in November for elbowing Montreal's Maxim Lapierre.

As a result of the latest suspension, Ruutu will forfeit US$31,707.32 in salary.

Ruutu will miss tonight's game at Boston and Saturday's contest versus the New York Rangers. He will be eligible to return for Tuesday night's game against the Carolina Hurricanes. THE CANADIAN PRESS



Buffalo's Andrew Peters reacts after being bitten by Jarkko Ruutu Tuesday.

Sports in brief

NHL Reports of imminent firings atop the Ottawa Senators' organization are untrue, club owner Eugene Melnyk insists. Melnyk told TSN yesterday that there was no merit to suggestions in Le Journal de Montreal that said Melnyk is about to hire Pat Quinn and Hockey Canada president Bob Nicholson to replace Craig Hartsburg and Bryan Murray, respectively.

CFL Kicker-punter Nick Setta has chosen to re-sign with the Hamilton Tiger-Cats instead of joining the NFL. A CFL all-star the past two seasons, Setta signed a contract that will keep him in Hamilton through at least 2011. METRO NEWS SERVICES

The Leafs' youth movement

Despite the fact GM Brian Burke made it known the Leafs would need to recoup some of the draft picks traded away by his predecessors, his first acquisition results in the loss of another selection.

In bringing in enforcer Brad May from his former team in Anaheim (May and Burke were also together in Vancouver), Burke has followed through on his promise to make the Leafs tougher to play against and to be fair, a conditional sixth-round pick in 2010 isn't a huge loss, but it is curious nonetheless.

TheHockeyNews

Ryan Kennedy

thehockeynews.com

Speaking of the future, with the World Junior Championship now complete, I thought it would be a pertinent time to review how some future Maple Leafs fared in Ottawa.

Closest to home and the most successful in the tourney was the GTA's own Chris DiDomenico, a sixth round draft pick who now owns a shiny gold medal thanks to Canada's 5-1 win over Sweden. DiDomenico was given a plum spot on a line with fellow Quebec Leaguer Angelo Esposito and teen superstar John Tavares.

This was essentially Canada's top line (Though Cody Hodgson's line was easily 1A) and DiDomenico made the most of his opportunity, tallying seven points in six games and registering a plus-4 rating.

The natural centre also made the first headline after the tournament when he was traded to the high-powered Drummondville Voltigeurs from his old squad, the Saint John Sea Dogs.

With Drummondville, DiDomenico has a legitimate shot at playing in the Memorial Cup, an experience that will help further his development.

Always an underdog-type of player — no team in the Ontario League wanted him, which is why he went to the Quebec League — DiDomenico is rising fast in the organization and I wouldn't be surprised to see him starring for the Marlies next year.

On the other side of the coin, 2008 second-rounder Jimmy Hayes will also be remembered for helping Canada win gold, but unfortunately he did so as a member of Team USA.

The Boston College freshman scored the second of America's three first period goals against Canada, but his alleged mocking while skating by the Canuck bench has been cited as a rallying point for Canada's comeback.

Hayes had one other goal in six games in Ottawa, but it's important to take a long-term view on his game.

As a power forward, Hayes will hit his stride later than, say, DiDomenico; Hayes is still realizing what he can do with his 6-foot-5, 210-pound frame.

The third Toronto prospect at the tourney was Germany's Jerome Flaake, a fifth-rounder from 2008 who tore up his home country's junior circuit last year but has been more modest playing with men this season.

Flaake led the Germans with five points in six games, but since Canada plays the most similar game to the NHL (or AHL for that matter), he must be seen as a longer-term project at this point.

At a lower rung of the world juniors, right winger Mikhail Stefanovich (98th overall in 2008) put up six points in five games. Not bad, until you consider that his Belarus team beat Estonia 19-1 and bested France 8-2.

Stefanovich did make amends back in North America however as the reigning Quebec League player of the week, putting up seven goals (four in one game) and an assist in three contests.

He now has 37 points in 29 games for the Quebec Remparts and will be one to watch as he continues to learn the North American game.

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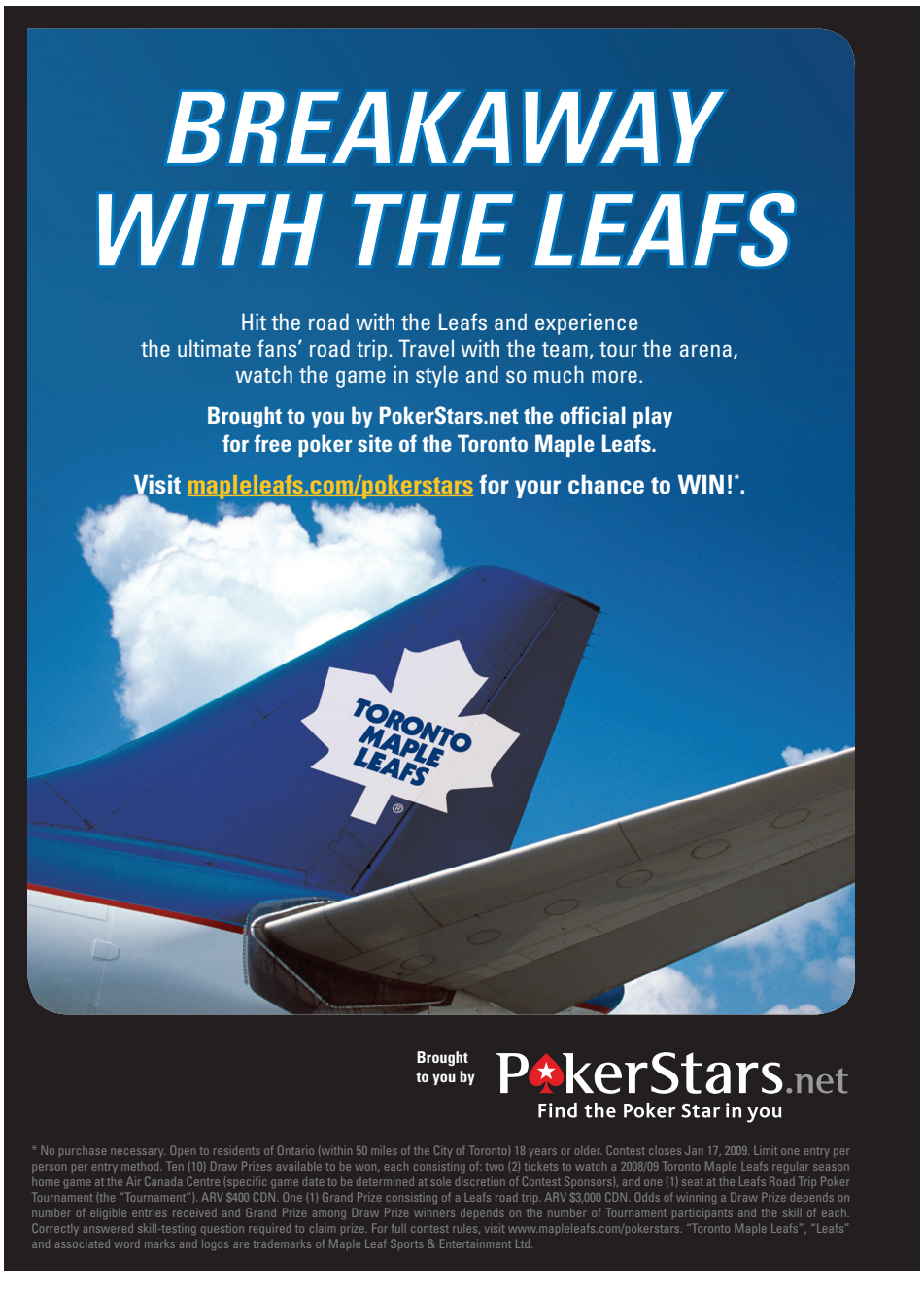

I unjunked my body!

Lina works in the fitness industry in Ottawa and recently came across an article on detoxing. Here is her story;

"I was having a hard time losing those stubborn extra pounds and I was tired a lot, which showed in my face. So when I came across a Biofirm story in the local newspaper, it made me curious.

It definitely made sense to me that we get tired and bloated from too many toxins in our foods and from our environment. But I didn't know that it made us gain weight! So I purchased a box of Biofirm and took the recommended 6 tablets a day for a month with lots of water and high-fibre foods. I was determined to unjunk my body!"

I lost 11 pounds on the detox!

"In the first 4 weeks I lost 7 pounds. I definitely felt lighter and my skin was looking great – I was glowing! I had read that it could be unpleasant to take Biofirm but I actually enjoyed it, especially because you are still able to do your daily duties. You don't have to stay home or do it on the weekends.

After the 30 days detox, I wanted to continue, so I bought another 14 days of tablets. Again, I lost another 4 pounds and my clothes were getting very loose! I was thrilled - and the great part is that I didn't have to exercise vigorously for 6 weeks!!"

– Line B., Ottawa

DETOXING: A GREAT WAY TO START A HEALTHIER LIFE

Everyday, our bodies are exposed to toxins from the air we breathe, the water we drink and especially the processed foods we eat. If our bodies get overburden with toxins, our liver suffers and we start seeing the effect on our health; Our skin is affected, we get tired, we retain water, get headaches, digestion problems, bad breath and find it especially hard to lose weight.

Researchers have now discovered the biological cause of those stubborn pounds; Toxic particles bind water in the bodies' soft tissue and inhibit your metabolism from burning fat efficiently. The Conclusion: To lose weight, you must first cleanse your body!

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Mangini to head Browns?
The Cleveland Browns will hire Eric Mangini as their new coach, a person with knowledge of the negotiations said yesterday. THE ASSOCIATED PRESS

It's all in the entrance

When two men get in a cage and fight, the music that signals their entrance is rarely soothing. But there is more than just head-banging to the UFC soundtrack.

JOSH HEDGES/THE CANADIAN PRESS

Akihiro Gono (wearing brown wig in the middle) walks to the cage at UFC 89 in October. When two men get in a cage and fight, the music that signals their entrance is rarely soothing. But there is more than head-banging to a UFC soundtrack.

Sure bands like Icepick, Godsmack, Disturbed, Manowar, Danzig, Drowning Pool and Rage Against the Machine blare out of arena speakers. At times, a live UFC show can be like having a red-hot poker inserted in your ear. Thankfully, there is a little variety — and in some cases, a little bit of thought behind the music.

Some mixed martial arts fighters have a signature song that fires them up as they walk to the cage. Others like to tweak their opponents with their choice of music. Some just don't care, letting the UFC choose their poison.

And the UFC is savvy enough to know that music makes the mood.

At each pay-per-view card, it dims the lights and shows a kickass fight highlight video to the sounds of Baba O'Riley by the Who, pumping up the crowd as the main card is about to go to air.

Journalists who attend all the shows routinely down tools on press row to watch the video. It's that good.

The fight snippets are timed perfectly to the music, whether it's Matt Hughes slamming Frank Trigg into the canvas or Canadian David (The Crow) Loiseau buckling an opponent with a vicious kick. The UFC lovingly updates the video, just to keep it fresh. UFC president Dana White, a music buff whose hand is on everything at UFC shows, ranks Antonio Rodrigo Nogueira's choice of Gimme Shelter by the Rolling Stones, Forrest Griffin's I'm Shipping Up to Boston by the Dropkick Murphys and Stephan Bonnar's Eminence Front as three of his favourite entrance themes.

Apart from being a classic, Gimme Shelter adds just the right amount of menace to the Nogueira walk-in.

Griffin's choice is a foot-tapping, Celtic-themed anthem that mirrors the boundless energy of the former light-heavyweight champion. And Eminence Front is just a classy, catchy song — the kind of off-the-beat-track choice one would expect from the dry-witted, entertaining Bonnar.

Other fighters want their music to be a statement.

Jeff (The Snowman) Monson came out to John Lennon's Imagine when he fought Tim (The Maineiac) Sylvia at UFC 65.

It's more green tea than Jack Daniels — a song more likely to soothe the nerves than make the blood boil — but it somehow made sense for Monson.

The muscle-bound tattooed heavyweight, no longer with the UFC, is a deep thinker who has worked as a mental health professional and child-adolescent counsellor and has BA and MA degrees in psychology.

The UFC checks each fighter's musical choice and selects for them if they don't care. Hardcore fans can easily find who entered to what on the Internet, however. THE CANADIAN PRESS

Entrance songs

- Antonio Rodrigo Nogueira: Gimme Shelter, Rolling Stones
- Brock Lesnar: Shout at the Devil, Motley Crue
- Matt Hughes: Country Boy Can Survive, Hank Williams Jr.

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Metro Homes

Wall to wall no more

For a truly green choice, the green living experts advise against wall-to-wall carpeting and recommend area rugs instead, there are increasingly eco-friendly choices becoming available underfoot.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Silver suite on the lake

Suite Talk

JOSEPHINE LIM
for Metro Canada

A conversation piece is what Carmen Dragomir, the designer of Monarch's Nautilus condominiums on Etobicoke's Humber Lake shores, was aiming for with her black-and-white urban suite.

"Most buyers make very quick decisions. They'll love it or hate it," says Dragomir.

"Most of the time they like it because it's very easy to understand the concept."

The chic suite features metallic, floral damask wall coverings, which appear in the living room, bedroom and on a matching bathroom wall tile. It sets the theme for the rest of the suite.

Damask is a pattern that was hot in fashion when Dragomir designed the space. She typically looks to fashion for inspiration, but is careful when she does so.

"The trend seems to be something that comes and goes," says Dragomir. "We do choose a pattern that is trendy, but we choose it in one colour."

It becomes busy otherwise, she says.

Accompanied with the coverings are silver accents. In the living room, these are paired with a cylindrical, crystal chandelier that gives a sparkling effect and a sophisticated look.

In the kitchen, white mosaic backsplash tiles with espresso-coloured cabinetry and white granite countertops offers clean lines and a contemporary feel.

Versatility is added to the suite with a counter-weight table in the centre, allowing for a sit-down dinner or an island to mingle around.

Dragomir says she sees first-time buying, single professionals living in her suite, either that or people who travel frequently and only live in Toronto for a few months.

Nautilus suites range from 465 to 1,418 square feet and are priced from the low $200,000s.

The black-and-white scheme in Monarch's Nautilus model suite is the brainchild of designer Carmen Dragomir.

An expert prediction on 2009 real estate

TheHunt

Amit Paul
amitp@rogers.com

Each time a New Year rolls around, experts and amateurs alike make bold revelations on what the new year will hold. This year is a little different as 2009 comes with more uncertainty than anything else.

There are those that believe we are merely in the beginning stages of a very real and severe recession. There are also those few that insist that the recession is more smoke and mirrors than facts and figures and it's only a matter of time before we realize it. For our real estate market the truth is somewhere in the middle. It's important to understand that our city's economy and our city's real estate, while not without their connections, are not one in the same. When our economy was thriving, real estate was indeed the goose that laid the golden egg. Now that the economy is not speeding along at the scorching pace it was, it doesn't mean that real estate has become just as desolate.

Truth be told, real estate remains a very lucrative investment opportunity. Many people incorrectly align real estate with the stock market, especially when specifically considering the real estate market in the GTA. This is faulty for a number of reasons not the least of which is the fact that our real estate market was factually under-valued, when compared to those of like cities, prior to these times of certainty. It's difficult to assess an economy as comparatively undervalued. There is also the sense that while even blue-chip stocks can seriously deflate for extended, unpredictable periods, blue-chip real estate investments carry less risk. In simplest terms, a home that was valued at $450,000 six months ago and has since fallen to $375,000, will again hit the $450,000 mark, and exceed it, in a matter of time. While I certainly don't pretend to be an expert on the stock market, I would argue that for the average joe, real estate offers a more practical and attractive opportunity.

All in all I expect more than a few real estate buyer and sellers to look back on their 2009 transactions with fondness rather than tears.

Check out new dreamhomes & condominiums magazine at your nearest DreamBox.

Amit is a Realtor/Developer with Re/Max. amitp@rogers.com

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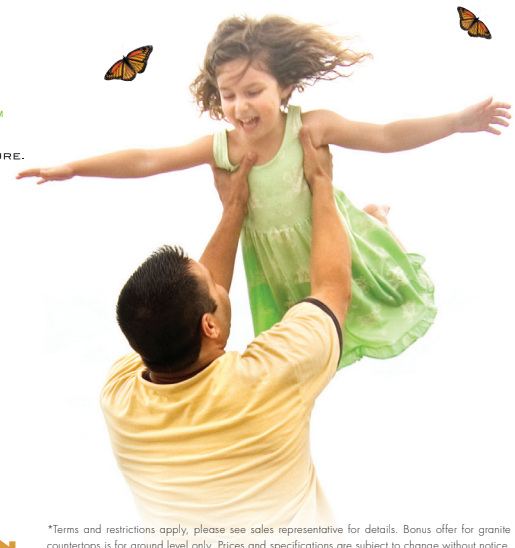

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Decor

Read more in the February issue of STYLE AT HOME magazine. ON SALE NOW! styleathome.com | CANADA'S styleathome

Think green

Pick up a primer on natural decor

HOME LIBRARY Natural Style by Janet Sobesky, $22, Creative Homeowner, softcover, 208 pages.

Create a home that's both green and good looking with these useful tips. For instance, when choosing bedding or pillows, look for organic cotton muslin or canvas and avoid chemical dyes where possible (these days, naturally self-coloured cottons are being grown in rust, cream, brown and green, so your palette doesn't have to be bland). Ideas are showcased in homes with a laid-back style that you'll feel good about replicating in your own.

— JENN HOULIHAN

Prints charming

A glorious return to romantic country

HOME & STYLE Inspired by wood-blocked toiles and early 19th-century French textiles, the small-scale, easy-to-coordinate fabric and wallpaper in Sanderson's new Marney Collection mark a glorious return to romantic country. Fleurie slubbed cotton/linen (cushion) and Mirande viscose/linen (sofa) from $115 per yard, through designers, Télio, 877-254-9855; telio.com.

— BRETT WALTHER

Get some shelf help

Six quick fixes for taking your bookshelves from blah to aah!

Lots of little things cluttering your shelves? Stow small stuff in stylish boxes, which will make a statement, not a mess. Look for boxes in various shapes and sizes — ones that can be stand-alone showpieces and others you can stack one on top of the other.

Decorative boxes are also an affordable way to add a pop of colour to your space without making a big commitment. You might love acid green this year, but who knows what you'll fancy in 2010.

If you're craving even more colour, paint the inside back of your bookcase a striking shade, which will make both your books and your collectibles stand out, or use a bit of bold wallpaper.

Group like with like. Display your tchotchkes en masse if they're similar in colour, style, vintage or material.

Stack books horizontally and vertically to create visual interest. Lay large books horizontally on the bottom shelf; it's better for both the books and the shelf, plus it's visually pleasing if weighty items are located on the lowest tier. Remove dust jackets and display books bare for a more streamlined look. Hide a bunch of unattractive covers or titles you don't want to broadcast (hey, we've all read Bridget Jones's Diary!) under your own pretty jackets made from gift wrap or wallpaper.

— WRITTEN BY JENN HOULIHAN, PRODUCED BY GENEVIEVE WISEMAN

MARK BURSTYN

Left, birchbark nesting boxes, $195 per set of five, Angus & Company, angusandcompany.com.

Near left, Lux wood box in Acorn, $89, West Elm, westelm.com. Centre, inlaid wood box, $265, Decorum Decorative Finds, 416-966-6829.

Left, GlucksteinHome white lacquered wood box, $25, Home Outfitters, homeoutfitters.com. Below left, orange lacquered wood box, $179, L'Atelier, 416-966-0200.

Shopping, etc. Eco-goods retailer Pistachio purveys pretty little things

Pistachio, 2433 Yonge St., 416-322-9451; epistachio.com. Admit it: when you enter a bookstore, you often make a beeline for the stationery and gifts. Clearly you're not the only one. Indigo Books & Music's Heather Reisman has tapped into the Zeitgeist with Pistachio, dedicated to all things paper, gift and apothecary.

Greening trend: The selection is eco- and people-friendly. Buzzwords you'll hear: recycled, postconsumer, organic, fair-trade certified, local. Consider West Paw Design's luxe organic cotton Bumper dog bed, $80, or Flavour Design Studio's handmade-in-Canada-and-the-U.S. Buddha and Baby Buddha ceramic bowls, $20 and $18 each.

Good-conscience gifts: Made with organic sugar and cocoa from cooperative farms and priced from $18 per box of 24, Delvaux Belgian chocolates will knock foodies sideways.

Expansion plans: Pistachio's going big — across Canada and into the U.S., to be precise.

— YUKI HAYASHI

STACEY BRANDFORD

Design lesson: Top tips for displaying groups of accessories

Q I often see collections of accessories displayed beautifully in Style at Home, but when I try to create a display myself I never know how many to include, what looks good with what and which items I should just get rid of. Are there any rules I can follow?

— Karen Bishop, Beaconsfield, Que.

A We focussed on accessories in our February issue, so I hope you'll find inspiration throughout. In particular, check out Refresher Course (p. 62 of Style at Home) and All in the Details (p. 84). Here are some more tips:

- Group items with similar shapes but in graduated sizes.
- Uneven numbers — three or five — tend to work well.
- Arrange items of like colour together.
- Or, rather than grouping disparate items, display multiples of the same item — for example, a row of five identical plants in the same pots along a shelf or a trio of the same votives.
- If you're starting fresh, the no-fail way to ensure a coherent grouping is to buy an instant collection at one store. For example, the red IKEA Salong vases, shown at lef, that Toronto designer Jason Chapados displays in his dining room are shapely, colourful and available for less than $25 each.

Most home decor shops sell cohesive groupings like this, saving you the guesswork.

Margot Austin, senior design editor, Style at Home

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In with the new?
Once you're done purging and reconfiguring your space, decide whether you want to go shopping for just one or two new pieces. "The deals that are out there right now are incredible," interior designer Janine Carendi says. THE ASSOCIATED PRESS

Rethink your space

January is a perfect time for a new look to your abode

SARAH DORIO/THE ASSOCIATED PRESS
Try moving wall art to different locations for a fresh new look. January is the perfect time to rethink your living space.

Our revels now are ended. It's time to clean up.

Across North America, we're busy stowing Santas, putting away menorahs and dragging dried-out Christmas trees to the curb. In living rooms and dining rooms, tables and chairs are being nudged back into their normal, pre-holiday positions.

But what if everything didn't have to go back into its usual spot?

January is the perfect time to rethink your living space. After you've put away all the holiday decorations, says interior designer Janine Carendi, "you can look at the same space with a new perspective, which is what the new year is all about.

"When you add ornaments in the beginning of the season, you're adding items to the room. So when you're removing them, remove additional items, too," advises Carendi. "What are the things that are cluttering the space? It's a good time to take stock, to ask whether that extra side chair should really be there."

OUT WITH THE OLD

Be bold, Carendi says: If you decide later that you've taken away too much, you can always put a few pieces back.

Meanwhile, the items you've removed can find new life in other rooms. A table that you hardly noticed in your living room might look better than you'd expect at your bedside. "If you leave things in the same place for months or years," says Carendi, "you stop seeing them."

This purging and swapping out is a relatively simple and cost-free process. It can also be a lot of fun. But, says designer Mallory Mathison, many people are uncomfortable at the idea of shaking up a familiar layout.

"With your own stuff, it's hard to imagine it living anywhere else than where it's been for years, or in the specific spot you purchased it to go in," she says.

Her solution? Bring in a fresh pair of eyes. "Put everything in the centre of the room and get a friend to come over, or your mom, someone who doesn't live with it every day. You can have some girlfriends over, get a bottle of wine and some appetizers, and make it a rearranging party."

SWAP MEET

One easy place to start: The walls. Designer Brian Flynn often encourages clients to move their art from one room to another. A painting that's hung in your living room for several years might look great — and get fresh attention — in your bedroom or guest room, he says.

He's all about embracing happy accidents. If you took a piece of art down temporarily to put up holiday decorations, consider keeping it in the room where it was stowed.

Flynn suggests mixing art of varying sizes and shapes, pairing pieces you've never displayed together before. This also works well with furniture: Rethink what pieces belong together, he says, and use your imagination.

Older items may look gorgeous paired with brand new pieces, and traditional things may look surprisingly good mixed with modern. When trying out pairings, he says, think about contrasting scale and shape. Flynn recently combined the curving, fluid lines of a wooden desk with a sharply angular steel chair and a client loved the result.

THINK BIG

Don't just move small things. All three designers suggest trying new locations for the major pieces that anchor a room.

"The sofa is easily the biggest piece of furniture in the room," says Mathison. "Try it opposite where it was. That totally redistributes your furniture plan for the room."

By changing a room's focal point, Carendi says, you can also give the space a new purpose. If your family room has always been focused around the television, consider changing the layout to fuel conversation.

THE ASSOCIATED PRESS

SARAH DORIO/THE ASSOCIATED PRESS
Try pairing a desk with a chair from a dining table for a fresh new look.

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Still living with tinsel? It's time for a post-holiday reckoning

HomeScape

Sylvia Putz
metronews.ca/homescape

Now that you and your family have enjoyed all the holiday sparkle and glitter, you must tackle the sobering job of taking it all down, packaging it properly and storing it. And you also need to find a home for all those new gifts without overloading your closet.

I know some of you eager beavers have been busily organizing while the rest of us were snoozing, and I applaud you. But for those folks still living with tinsel, a little inspiration may be in order.

Seasonal storage

- Remember to label your storage bins with a list of the items they contain. You'll thank yourself when you next unpack them.

Start in the most obvious place: The holiday stuff must be removed, wrapped up and put away. But don't forget to purge. Get rid of ornaments or decorative items that are looking a little tattered. Then get what you need to efficiently store your holiday decorations.

Protect your breakable or fragile ornaments by packing them into their original containers; failing that, wrap them in protective tissue and place them in plastic cups or similar protective containers.

Wreaths or imitation evergreen boughs should also be packaged in protective plastic or paper.

Load decorations into clear plastic bins, which are useful and can be used year after year, unlike cardboard containers which tear and break down after a year or two. Label these bins with a list of what's inside — you'll be extra pleased with yourself when next year's festive season starts.

I don't know about you, but I enjoy seeing cheery Christmas lights into the snowy post-holiday period, for maybe a month or so. Don't leave them there too long, though, because they just don't feel right when people are eagerly anticipating the Easter bunny.

When you do take the lights down, place strings in separate bags before you store the bags in a box. And don't overload — too much weight can crush the lights in the bottom layer.

When it comes to integrating new stuff into your home, remember my sister-in-law's rule that new stuff in means old stuff out. The size of your closet shouldn't change — only its contents change. If there's an item you're not wearing, there's probably a good reason. Trust your gut on this one and pack it into the Sally Ann bag. Then, and only then, can you hang up your brand new outfit.

Of course, when it comes to gifts, just because you received it doesn't mean you have to keep it. You may decide to return or get rid of it because it just isn't your thing and you can't imagine anyone else ever needing it.

Or, you may decide to keep it for regifting. Just remember to include a little label that lists the name of the person who gave it to you before you store the item. That way, you don't make the embarrassing mistake of giving it back to the person it came from.

Packing holiday items away into clear containers, such as these Samla bins from Ikea, means you can see what's stored where.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Closing requires wallet and a pen

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Jeffrey D. Cowan
jeff@cowanandtaylor.com

Q My lawyer has produced this strange looking document that I cannot make heads or tails of with all of the amounts necessary in order to complete the purchase of my new home. Can you explain this to me?

A A statement of adjustments is a necessary document to complete a real estate transaction. In resale homes and condos it is relatively standard. It states the purchase price, minus your deposit and plus or minus pre-paid expenses that belong with the property. For example, if your property is closing tomorrow and we were back in the middle of December, the property taxes will have been paid to the end of the year; so, the vendor is credited on a per-day basis for the portion of taxes they have paid on your behalf. The same would go for common expenses for a condo, which are generally paid on a monthly basis: The vendor would be credited for the remaining days of December that they had paid on your behalf. Most utilities are individually metered so you should arrange to have a meter reading done on the day of closing and an account set up in your name to pay for ongoing utilities.

The subject becomes substantially more complex when you are purchasing a new build. The developer will add on a myriad of adjustments that I have written about in the past. They can take the form of development charges, meter installation, landscaping and even law society transaction levy charges. Basically, the builder is passing on to you any of the applicable charges to develop the property and specifically your new home or condo.

"Needless to say, there are hidden charges that may or may not be a surprise to you: Especially first time homebuyers."

You should review these statements of adjustment with your lawyer in order to understand where your money is going. Needless to say, there are hidden charges that may or may not be a surprise to you: especially first time homebuyers.

Jeffrey D. Cowan is the principal of Cowan & Taylor, Barristers & Solicitors, jeff@cowanandtaylor.com. The information contained in this article should not be relied upon as legal advice.

ADVERTISING FEATURE

The essence of Miami on Toronto's lakefront

The vibe of South Beach comes alive at Park Lawn and Lakeshore.

Anyone familiar with Miami knows that South Beach is in a class by itself. It is the East Coast home base for the rich, the stylish and the super cool. Madonna made it her home base. Elton John has a winter home there.

Its art deco architecture, vibrant nightlife and overwhelming sense of style have made it synonymous with the best that life has to offer.

Now Amexon Development Corporation, together with the internationally renowned design firm II by IV, bring the best of South Beach to Toronto with the stunning new South Beach Condos + Lofts at Park Lawn and Lakeshore Boulevard. This project is more than simply another condo development. It's a total themed development dedicated to the South Beach experience.

There are the marvelous twin, 28-storey towers, one topped by lighted blue glass, the other in green, each with stylized slivers running from the ground to the sky that are the signature touches of some South Beach landmarks. There is the Shore Club — 40,000 square feet of amenity, lifestyle and fitness space that rivals the world's finest five-star resorts.

There is an inviting indoor swimming pool with glass walls and the outdoor spaces offer a reflecting pool, barbecue area and artfully landscaped garden. You can work out in the state-of-the-art fitness centre, finish with a steamy shower or sauna, then cool down at the juice bar. The fitness centre also includes a squash court, basketball court and yoga room.

Then, at the gateway to the development is the retail walking street made to resemble the famous South Beach art deco skyline with 16,000 square feet of shopping, café, restaurant and the full service SOBE spa — just like in Miami. At night it dazzles with blue, green and pink neon, the pastels that give South Beach its distinctive look and feel.

South Beach Condos + Lofts demonstrates how "green design" can smartly enhance the finest in art deco design. Each glamorous tower is topped by a blue or green glass crown which brilliantly incorporates the latest in solar power technology.

The presentation gallery is now open. Construction is slated to begin in mid-2009, with occupancy in mid-2011. Register online at southbeachtoronto.com or call 416-252-3000. The Presentation Gallery is open seven days a week from 10 a.m. to 7 p.m. on weekdays and 11 a.m. to 6 p.m. on weekends.

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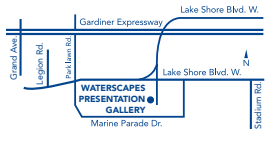

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Food for thought

Whole grain, trans-fat free and low fat items led the charge in terms of products that were eaten by Canadian consumers on a weekly basis with a growing trend towards organic products continuing into 2009, according to the latest Eating Patterns In Canada (EPIC) report from The NPD Group. METRO NEWS SERVICES

Food

"Is it a pea, a bean, or a pulse? Pulses are the dried edible seeds of legumes and includes beans, peas (such as chickpeas) and lentils."

Barb Holland/for Metro Canada

Not a nut

Peanuts are also a legume, not a nut, despite its name.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

new toy

Pocket Cocktails is available for iPhone and iPod Touch.

Carry a bartender in your pocket

TECHNOLOGY Pocket Cocktails, a new iPhone application, offers a fun twist to the traditional cocktail hour.

Pocket Cocktails is the newest application of its kind: Unlike other bartending and cocktail applications that are mostly text-based, Pocket Cocktails uses large, high resolution pictures. It also has a fun "shaker" feature that selects cocktails at random. This random mode lets iPhone users shake the phone to get a random drink image, recipe and ingredient list all from an e-bartender.

While serving up the drink, the iPhone spits out a colorful collection of shaker noises and catchy phrases adding a fun spin on the experience.

Pocket Cocktails is available for 99 cents at Apple's iPhone application store, iTunes or at pocketcocktails.com. Visit pocketcocktails.com for a video overview.

METRO NEWS SERVICES

Food in brief

COOK OFF After weeks of competition from chili enthusiasts across Canada, three finalists will compete in the first-ever ZANTAC® Chili Challenge cook-off. Hosted by acclaimed chef and Food TV personality Anthony Sedlak, the three recipes will be prepared live at a chili throwdown in Toronto on Jan. 29. The winner will receive a trip for two to the Mayan Riviera, which is rumoured to be the birth place of chili. To view all of the chili submissions, including the winning chili recipe and Anthony Sedlak's signature chili recipe, visit chilichallenge.ca.

METRO NEWS SERVICES

Canned beans, peas and lentils can be a bit salty, but a drain and a rinse quickly removes most of the sodium. Toss in salads, soups, casseroles or puree into a dip or spread.

Lean and mean: Lentils and beans

À la carte

Barb Holland

Metro Food Writer

The cake and cookies are finished and the decorations tucked away for another year.

Healthy eating, hand-in-hand with being more physically active, are high on everyone's "to do" list after Jan. 1. So, it's back to business as we tighten our financial belts as well as try to re-tighten the one stretches around our waists.

What's economical, packs a healthy punch in the nutrient ring and is convenient? Canned beans, peas and lentils.

Beans, peas and lentils are a high source of both soluble and insoluble fibre as well as a source of B vitamins, calcium, iron, phosphorus, potassium and zinc. In addition, they're low in fat, cholesterol free and the richest source of vegetable protein. With the exception of soybeans, beans alone do not contain all the essential amino acids to be classified as a complete protein. But when complemented with a grain (rice, bread or pasta), a seed, nut or a dairy or egg protein, they become complete.

Keep a variety of canned beans in your pantry for frugal, fast and healthy meals. This vegetarian recipe will satisfy your hunger at the end of a busy day as well as deliciously fulfil your protein needs.

Mediterranean Tomato, Lentil and Spinach Soup

Serve this hearty vegetarian soup with crusty whole wheat bread for a complete meal. I like the sharp and slightly salty addition of freshly grated good Parmesan cheese, but omit if serving to vegans. Makes 8 cups (2 L), 4 servings.

INGREDIENTS:

- 1 tbsp (15 ml) olive oil
- 2 stalks celery, chopped
- 1 onion, chopped
- 2 cloves garlic, mined
- 1 tsp (5 ml) dried basil leaves
- 1/2 tsp (2 ml) each dried oregano and thyme leaves
- Pinch each dried rosemary leaves, crumbled and pepper
- 3 cups (750 ml) vegetable stock
- 28 oz (796 ml) can diced tomatoes, including juice
- 19 oz (540 ml) can lentils, drained and rinsed
- Juice of 1/2 lemon
- 3 cups (750 ml) fresh baby spinach leaves
- Freshly grated Parmesan cheese, optional

METHOD:

Heat oil in large saucepan over medium heat. Add onion, celery and garlic and cook until softened, about 5 minutes. Stir in seasonings, tomatoes, lentils and lemon juice. Bring to a boil, reduce heat and simmer, covered for 5 to 10 minutes.

Stir in spinach leaves until wilted, about 30 seconds. Serve with Parmesan, if desired.

Tips:

- Canned beans, peas and lentils can be a bit salty, but a drain and a rinse quickly removes most of the sodium. And, once that's done, they're good to go. Toss in salads, soups, casseroles or puree into a dip or spread.
- If you have whole tomatoes rather than diced, an easy way to cut up tomatoes is using kitchen sears. Pour tomato liquid into soup (to avoid a messy overflow in can) and cut tomatoes in the can.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Just a bite

Michelle Morgan

Actress shares her butter roasted chicken recipe

PEOPLE Canadian actress Michelle Morgan stars in the second season of the popular Canadian one-hour series Heartland, which airs nationally on CBC Television Sundays at 7 pm. Recently, Michelle was featured on City Cooks TV, sharing her favourite recipes with her fans.

Butter Roasted, Melt in your Mouth Chicken

This recipe is inspired by a Jamie Oliver recipe, but much simpler and just as tasty. A great recipe to for impressing people and making them think you're a great cook who slaved for hours. Serves 4.

Ingredients:

- 4 chicken thighs, bone in, with skin
- 4 slices of ham (I like prosciutto but any ham will do)
- 2 cloves garlic, peeled and chopped
- 1/4 cup butter, room temperature
- Salt, pepper
- Any herbs you have on hand, I love thyme and rosemary.

Method:

Preheat oven to 425 F.

Push your fingers between the skin and flesh creating a space for your butter mixture without tearing the skin right off. Slash a deep cut into the thickest part of the thigh.

Now to make your butter mixture, slice up the ham, and mix it with the butter, garlic, rosemary, thyme, salt and pepper. Take this butter, and push it under the skin, rubbing it all over the chicken.

Place in the oven and roast for about 45 minutes. Check by slicing and making sure it's not pink but don't overcook it, it should retain those flavourful juices.

And voila, you're a master chef — or so everyone will think.

METRO NEWS SERVICES

Just the tip of the iceberg
The variety of exotic fruits shoppers find in their supermarket is just a tiny sample of fruits available around the world, says author Wolfgang Stuppy. "When I am in the tropics I like to try the local fruits," he adds. "You can get some unbelievable fruits, but they are too perishable to transport well." THE CANADIAN PRESS

Fruit book a feast for the eyes

A mammoth undertaking resulting in a 2.2-kilogram book on fruit is a fascinating look at a subject that has baffled botanists for years.

Fruit: Edible, Inedible, Incredible by writer Wolfgang Stuppy and photographer Rob Kesseler (Firefly) celebrates the extraordinary diversity of plant reproductive systems.

Stuppy explains that a fruit is a seed carrier, so an apple is a fruit, but so too is a tomato, an olive or an almond. "The fruits are really not there to feed us but to trick us into fulfilling a mission to deposit their seeds somewhere else," said the seed morphologist.

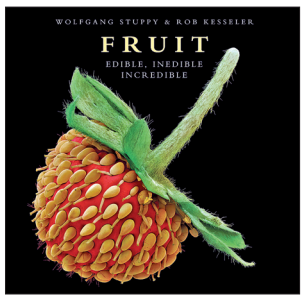
The book is pictorially magnificent. Professor and artist Kesseler used special light and scanning electron microscopy to create 200 sumptuous images of fruits and seeds within their flesh.

"The electron microscope has such as enormous depth and feel the wavelength is much shorter than light," says Stuppy.

As a result, tiny interior structures of plants and seeds are blown up to fill the oversized pages, creating images that are sometimes surreal yet breathtakingly beautiful.

Stuppy says the book not only appeals to people interested in plants, but "a lot of artists and designers get inspiration from nature because of the shapes and patterns of the fruits."

THE CANADIAN PRESS



Wolfgang Stuppy's book Fruit: Edible, Inedible, Incredible.

Chew on this

• Author Wolfgang Stuppy also explains that a citrus fruit is actually an "armoured berry." Although they ripen to a luscious sweetness, oranges in the tropics never actually turn orange, for which cooler temperatures are necessary.

Wild Rice, Grapes, and Blue Cheese Stuffed Port Poached Pears.

The perfect pear

Wild Rice, Grapes, and Blue Cheese Stuffed Port Poached Pears

INGREDIENTS:
Port Poached Pears:
• 3 cups (750 ml) fruity red wine, such as Zinfandel or Barbera
• 1 cup (250 ml) ruby or LBV vintage port
• 1/2 cup (125 ml) sugar
• 5 whole cloves
• 1/2 cinnamon stick, broken
• 4 California bartlett or bosc pears, peeled, cored and quartered
Wild Rice Stuffing:
• 2 cups (500 ml) water
• 1/2 cup (125 ml) California wild rice
• 1/2 teaspoon (2 ml) salt
• 2/3 cup (160 ml) quartered fresh California seedless grapes
Rosemary Walnuts:
• 1 tablespoon (15 ml) butter
• 2/3 cup (160 ml) walnut halves
• 1/2 teaspoon (2 ml) crumbled, dried rosemary
• 1/8 teaspoon (0.5 ml) cayenne pepper
• Salt to taste
Whipped Blue Cheese:
• 1/2 cup (125 ml) crumbled blue cheese
• 1/4 cup (50 ml) cream cheese, at room temperature

METHOD:
1. Bring wine, port, sugar, cloves and cinnamon stick to a boil in a large stainless steel saucepan, stirring until sugar is dissolved. Add pears; reduce heat and simmer, stirring occasionally to coat all sides of pears, for 20 minutes or until pears are tender when pierced with a toothpick. Turn off heat and let pears stand for 10 minutes. Remove from liquid and chill. Remove cloves and cinnamon and continue to cook liquid for 20 to 30 minutes or until syrupy; set aside.
2. To prepare stuffing, bring water, rice and salt to a boil in a small saucepan. Reduce heat and simmer for about 50 minutes or until tender. Drain off excess water and chill rice; stir in grapes.
3. To prepare walnuts, preheat oven to 325°F (162°C). Melt butter and toss with walnuts and seasonings. Spread onto a baking sheet and bake for 12 to 15 minutes, stirring every 3 to 4 minutes. Let cool and store in an airtight container until ready to use. Whip blue and cream cheeses together in a small bowl by hand or with a mixer until fluffy. To serve, scoop out a small part of the top of each pear. Place a small spoonful of cheese mixture into the cavity of each pear. Top with rice stuffing and walnuts, then drizzle with port glaze. Makes 8 appetizer servings.

For this and other California inspired recipes, visit californiagrown.org/canada.

NEWS CANADA

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Go wedding shopping this weekend
The 8th annual Wedding Show takes place this weekend (Jan. 9 to 11) at The Carlu, 444 Yonge St., 7th floor. The boutique-inspired event will feature 2009 trends and industry experts. Tickets available online at ticketweb.com or at the door (cash only). METRO

Style

Woodsy look is being embraced

Paul Bunyan, the supersized he-man, is a fashion icon. As unlikely as it sounds, the mythical lumberjack's black-and-red check jacket has been a big trend on catwalks around the world. But this time around, Ralph Lauren took the rugged masculine checks and turned them into evening gowns, sometimes mixing chic plaid shirts with feathered skirts. Now it's the streetwear retailers who have created new shapes for the lumberjack jacket in sharp, belted trenches and smart peacoats. Left: belted trench, $158, Gap. TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

The necklace statement

Adorn décolleté with larger than life embellishments

Literally and figuratively — the necklace is big this year. Throughout recent seasons, designers have supersized handbags into steamer trunk proportions. And they've elevated the ordinary stiletto to stratospheric heights.

Now, after achieving such overwhelming bulk with accessories like bags and shoes, they have turned their attention to jewellery — in particular, the necklace.

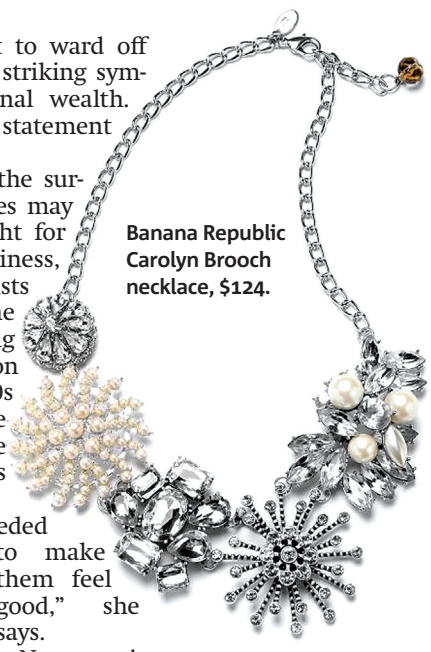
Leading international brands including Burberry, Lanvin and Louis Vuitton went for the jugular this fall, burdening women's décolleté with glass chunks resembling massive precious and semi-precious stones.

This is costume jewellery gone berserk. So pack away your simple strand of pearls, your heirloom chokers and discreet pendants. You can bring them out another day.

"This is no season for the faint of heart," says Oriella Stillo, owner of Accessity on Cumberland St. in Yorkville.

"You've got to have confidence to wear these necklaces," she says.

These muscular necklaces riff on jewellery's many traditional roles — as an objet for self-decoration, as an amulet to ward off evil and as a striking symbol of personal wealth. They are statement pieces.



Banana Republic Carolyn Brooch necklace, $124.

While, on the surface, the times may not seem right for such showiness, Stillo insists that's not the case. "During the Depression of the 1930s big Bakelite and Lucite jewellery was popular. Women needed something to make them feel good," she says.

"This is no season for the faint of heart ...You've got to have confidence to wear these necklaces."
Oriella Stillo, owner of jewelry store Accessity

No one is fooling anyone — which is why the ostentatious necklace with rocks as big as baseballs still works even in this hard economic era. Stillo says she retails big necklaces as inexpensively as $250. "What dress can you find that will give you that wow factor?" she asks.

R.J. Graziano necklace, $295, available at Accessity, 136 Cumberland St.

Jewellery hasn't been this exaggerated since the go-big-or-go-home '80s.

During that power decade, jewellery was big and bold and closely replicated the real thing. Back then, by wearing big fake jewels you were attempting to fool people into believing you had social cachet you just didn't possess.

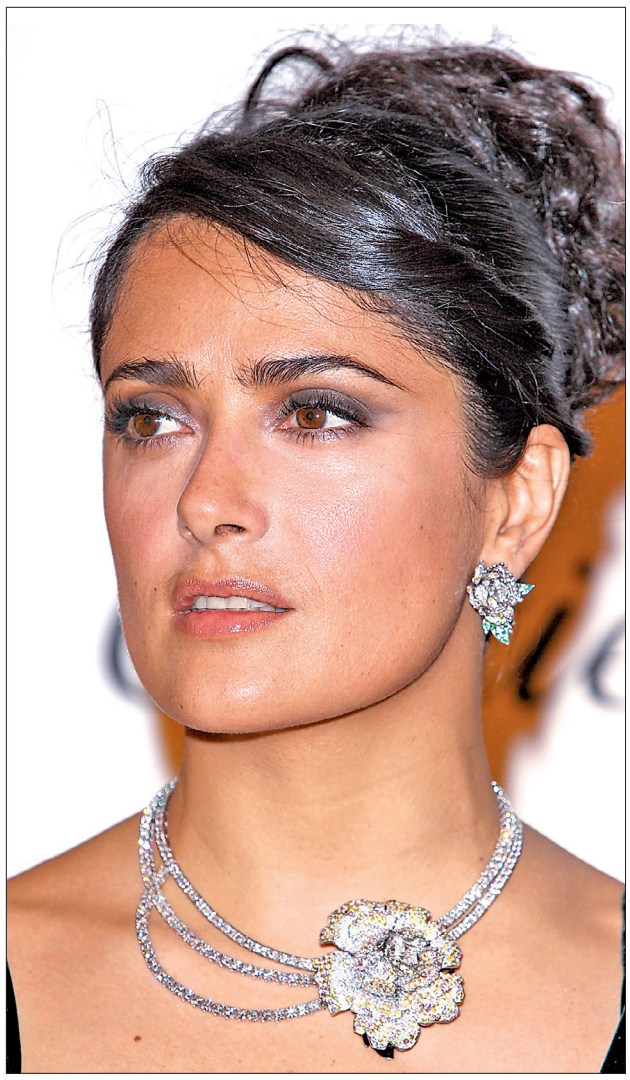
But these days the necklaces are conspicuously costume. They are not vintage or replicas. The glass stones are larger than life and created in smoky neutral colours, clear or black.

As well, the elements of the necklace are often crudely held together with unusual materials — grosgrain ribbon at Lanvin for example, or heavy metal chains and indelicate hardware popular at Louis Vuitton and Burberry.

They are ferocious these glass tigers. They've got bite. But everyone knows they're just for show.

TORSTAR NEWS SERVICE

GETTY IMAGES



Actor Salma Hayek's bold statement necklace is an example of the go-big-or-go-home '80s-inspired jewelry trend.

GETTY IMAGES

Florals are in for 2009.

Top looks for 2009

• Sandy neutrals and tropical colours are likely to make a splash, but there might be a changing of the guard for regal purple, which has reigned for a few years. Painterly prints had a shorter run, but Avril Graham, Harper Bazaar's executive fashion editor, says they too are on their way out. "Best to look for sweet florals," she advises.

• Safari styles, whether they're vintage Yves Saint Laurent or new Banana Republic, are enjoying a high point on their arc of popularity. That's good news, says Graham, because it's an easy look for most women to wear.

• The 1980s continue to both inspire and haunt fashion, but if you ever wore harem pants and highlighter colours the first time, you might consider giving only a wink to the decade with bangle bracelet or fluorescent accessories.

• A low-platform heel is a shoe that takes you through every season and most occasions, says eBay style director Constance White. If you're cleaning your closet, extreme platforms can get tossed, but hold on to all your peep-toe shoes, she advises.

THE ASSOCIATED PRESS

David Yurman's debut eyewear collection embodies luxury frames adorned with precious stones. Counter-clockwise from top: Twisted gold handle pair, $595, multiple large jewel pair, $1,645, and single jeweled pair, $1,005.

Specs that will catch your eye

CHELSEA MIYA
for Metro Canada

EYE WEAR Remember when glasses were for book nerds, not aspiring fashionistas? If there's any indication times have changed, it's luxury jewelry designer David Yurman's eyewear debut.

The collection embodies the understated elegance David Yurman is famous for. His beautifully crafted frames incorporate his signature twisted cable design, kissed with richly coloured precious stones like ruby, onyx, tiger's eye and green tourmaline.

With these specs you can feel sexy and sophisticated, whether you're curled up in bed with your favorite book or dressed to the nines for a night at the opera. It's a piece of luxury that will leave you feeling like a goddess no matter what the occasion. Indulge in your glasses.

Available exclusively at Josephson Opticians in Toronto. Locations include 101 Richmond St. W., 60 Bloor St. W., 2536 Bayview Ave. and 466 Eglinton Ave. W.

For more store locations, visit josephson.ca.

GlobalStyle

Kenya Hunt

Read Kenya, exclusively at metronews.ca/globalstyle

Guilty Pleasures V: Fashion + Food = Fabulous
Enjoy brunch while watching a fashion show put on by Canadian designers at this Drake Hotel event, happening Feb. 7. METRO

Gear to get you motivated

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Starter
Designer: asics
Shop: The Run Inn
runinn.com

Pro
Designer: Mizuno
Shop: Running Room
Address: Various Locations
runningroom.com

Workout Wear

You know you made a new year's resolution to workout more and eat less, so motivate yourself by going out and buying a couple of items for the gym. If you like to cover up, here are three great looks for indoor or outdoor workouts. When you're out shopping for motivation, look for details in the clothing like all-around 360 reflectors for night time running. For shirts, make sure there is a bit of ribbing so that the shirt falls away from your body.

tip: Heat can sap the elasticity from your fitness clothes. To avoid this menace, wash your fitness clothes in cool water, and always opt to drip dry. (mamashealth.com).

Running Shoes

There are three things to look out for when buying a proper running shoe: The first is to buy a shoe that fits your proper arch type, the second is to make sure the shoe is at least a half size bigger than your regular street shoe (this is to compensate for the swelling of your feet as they heat up) and the third is to make sure you can run with comfort (so sufficient cushioning is needed). Retailer's note that the rule of "breaking in a shoe" does not apply for workout shoes; shoes should be instantly comfortable when coming out of the box.

Style File

Kim Elbo
kim.elbo@gmail.com

ask kim

I prefer running outside as oppose to treadmills, but I dread when it rains because I can't stand when my feet and socks get wet. What do you suggest I do to fix this problem?

Running shoes are primarily made out of mesh materials to make the shoe lighter, but I suggest looking for outdoor trainers that have a Gore-Tex lining (some actually say that on the shoe) to help keep the moisture out.

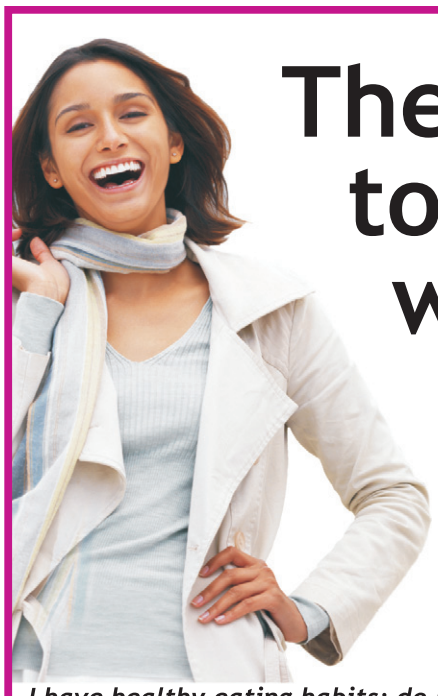
E-mail your style questions to kim.elbo@gmail.com.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Style in brief

NEW LABEL Urban. Avant-garde. Futuristic. Glamorous. Montreal's music/art scene has a style all it's own, and the new indie fashion label FINN is bringing it to your closet. With its funky hoodies and glam rock tees splashed with bold colors and funky designs like comic book strips and puzzle pieces, FINN rocks just the right amount of quirk and edge. Priced at $28-$120, designs are available at Aritzia and Urban Outfitters, as well as online at boutiquefinn.ca.

CHELSEA MIYA/ FOR METRO CANADA



The first step to a healthy weight loss

Part 2

The importance of cleansing your organism.

I have healthy eating habits; do I still need to cleanse my organism?
With the industrial agro-food revolution, our food has completely changed. Today our fruits and vegetables are charged with pesticides, some are genetically modified, for others the list of additives is a little alarming... Colouring: Modifies food appearance, Conservatives: Block the development of pathogenic micro-organism, Antioxidants: Slows food oxidation, Emulsifiers: Increases viscosity, Stabilisers: Prolongs and enhances colour, Artificial aroma: Artificially enhances taste. All this without taking into account the chemical sugars and artificial sweeteners. All of these additives are of course from chemical base.
Do we really know their effects, long and short term on the human body?

The elimination organs and their functions.

COULD THEY BE RESPONSIBLE FOR MUCH OF WHAT AILS YOU?

Although there are nine organs of elimination, or emunctory organs, we will focus here on the three most important ones: the liver, the kidneys and the bowels or intestines.
The Liver is the most important organ; it neutralizes toxic substances found in the blood, filters waste from the blood and eliminates these wastes in the form of bile in the bowels.
The kidneys continuously pump out the wastes found in the blood, diluting them in liquid and eliminating them in the form of urine.
The intestines with their length and volume contents, the intestines' role is a very important one. In fact, the quantity of waste that can stagnate, petrify or ferment is enormous and will have a major impact on intoxication especially if there is constipation present.
Whenever an emunctory organ fails to do its job adequately, the result is an accumulation of toxins which prevent the body from functioning as it should.
To be continued on January 10th...

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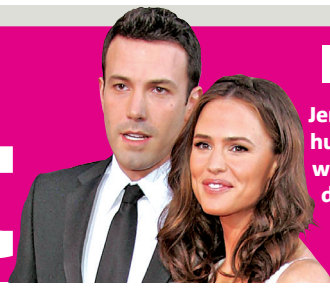
Golden boys

If the Golden Globes run a little bit longer this Sunday, you can blame The Jonas Brothers. Music's hottest trio has been added as presenters for the telecast, along with Hayden Panettiere and Martin Scorsese. **IMDB.COM**

Entertainment



It's a girl!

Jennifer Garner and husband Ben Affleck have welcomed their second daughter. The baby was born Tuesday in Los Angeles. **PEOPLE.COM**

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Intuition not paying off for Foxx

Jamie **Foxx**

Album: Intuition
Label: Sony
Rating: ●●½

LISTENING TO MALE R&B stars calling their buddies "dawgs" and their women ... well ... shedawgs, is getting more than a little irksome. Isn't it about time they stopped measuring their self-worth in Gucci accessories or the length of time they can hold an erection? But these tired refrains continue to raise their ugly heads in the front end of Jamie Foxx's third album, Intuition. The Lil Wayne collaboration Number One, is particularly obnoxious. Foxx is, however, an Oscar-winning actor and we can only hope he's acting his way through this sex gangsta image. Fortunately, the rear end of this record is loaded with smoother, subtler, more traditional soul stylings.

Graham Rockingham/for Metro Canada

Ruby Jean & **The Thoughtful Bees**

Album: Ruby Jean & The Thoughtful Bees
Label: Youth Club
Rating: ●●●

REBEKAH HIGGS' DEBUT solo album last year proved her as a singer-songwriter with an ability to warble roots-like to country fiddle accompaniment. But her Feistian dabblings with electronic loops also won her fans in the alternative community. Higgs shows another side of her art as vocalist for this Halifax electro dance ensemble. This odd collective of Haligonians is led by the synth-beats of Colin Crowell, the real drum rhythms of Sean MacGillivray (Jenn Grant) and the guitar effects of Jason Vautour (Jon Epworth). It works, in a trippy way that's best listened to while dancing in the dark.

Graham Rockingham/for Metro Canada

Music**Reviews**

music@metronews.ca

Andre **Ethier**

Album: Born on Blue Fog
Label: Blue Fog/Sonic Unyon
Rating: ●●●½

UNTIL NOW ANDRE Ethier's best work has been with his former rock band The Deadly Snakes. Since then he's released a few solo albums, all of which have been decent, but nowhere near as good as his newest effort Born on Blue Fog. Like his previous stuff, this isn't the most accessible disc, but with a musical range that echoes Dylan (Cop Killer), blues (Infant King), and a haunting Leonard Cohen with classical instruments number (By The Stables), this disc is easily Ethier's most eclectic and inspiring work to date.

Bryan Borzykowski /for Metro Canada

Joshua **Radin**

Album: Simple Times
Label: Mom & Pop/Universal
Rating: ●●½

WHISPERED VOCALS sung earnestly over an acoustic guitar. Charming lyrics harking back to sea shores, sandboxes and simpler times. When this Ohio-born singer-songwriter was first discovered it was hoped he'd be the next John Mayer, maybe even a James Blunt. But it ain't gonna happen. There's nothing wrong with these songs, it's just that they're all so familiar. In that way, he suffers in the same way as Vancouver's Jeremy Fisher. Radin will certainly appeal to a niche market, however: Twenty-something people who hug teddy bears when they fall asleep at night.

Graham Rockingham /for Metro Canada

GETTY IMAGES FILE

Ketch Harbour **Wolves**

Album: Dead Calm Horizon
Label: Independent
Rating: ●●●½

WITH THE NATIONAL garnering so much praise these days, it was only a matter of time before a similar sounding Canadian act got noticed. Ketch Harbour Wolves, a Toronto-based five-piece with roots in Nova Scotia (their band is named after a small East Coast town) have forged the perfect mix of brooding passion, infectious melodies and rich, layered instrumentation. While it's not perfect — a couple tunes are a bit sluggish — it's definitely a promising debut. Two standouts, Letters and Animals, should take this band far enough until they release their likely stellar sophomore effort.

Bryan Borzykowski /for Metro Canada

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Lautner may be back in Twilight sequel
Taylor Lautner could reprise his role as Jacob Black in the Twilight sequel New Moon, Entertainment Weekly reports. Summit Entertainment is expected to announce its decision as early as this week. **PEOPLE.COM**

Power of the people shines in choice

MATT SAYLES/THE ASSOCIATED PRESS

Kid Rock, left, kisses Ellen DeGeneres as he presents her with the favourite funny female star award at the 35th Annual People's Choice Awards last night in L.A.

It was an exercise in the power of the popular vote last night, as the best of movies, music and TV were honoured during the 35th annual People's Choice Awards.

"This past year we have all seen what the power of the people can do," show host Queen Latifah said at the start of the broadcast — the first of the 2009 award show season.

"The answer tonight is, 'Yes we can,'" the Grammy-winning singer and movie star said as she walked along the front row of the Shrine Auditorium in L.A.

Adam Sandler, the star of Bedtime Stories, took home the first award of the evening, for funny male star. Reese Witherspoon won for favourite female movie star and Will Smith was named favourite male action star.

Ellen DeGeneres won favourite TV talk show host. "To my roommate, Portia, thank you very much as well," she joked about her spouse, Portia De Rossi, during her acceptance speech.

METRO NEWS SERVICES

For a complete list of People's Choice Award-winners visit metronews.ca/entertainment

In brief

NOMINATIONS Beyoncé Knowles, Alicia Keys and Jennifer Hudson are all double threats for the NAACP Image Awards, earning nominations in both music and film categories yesterday. Knowles and Hudson are competing for outstanding female music artist and for best video. Keys and Hudson are also nominated as actresses for The Secret Life of Bees and for Cadillac Records. **THE ASSOCIATED PRESS**

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Brit pair Pegg-ed for classic Tin Tin role

Shaun of the Dead and Hot Fuzz stars Simon Pegg, left, and Nick Frost are set to star as the characters Thomson and Thompson in a big screen adaptation of the Tin Tin books. METRO NEWS SERVICES

My Winnipeg wins Rogers film prize

MOVIES Guy Maddin's bizarre, fantastical tribute to his hometown, My Winnipeg, has won a new $10,000 film prize. The director was given the Rogers Best Canadian Film Award, presented by the Toronto Film Critics Association at a gala held to recognize the association's favourite 2008 releases. THE CANADIAN PRESS

No time for sleep

Fans of 24 stay awake watching all six seasons

TV TORTURE: Since sleep deprivation is widely considered a form of torture these days, it's ironic that Global is celebrating the return of the hit espionage series 24 and its cigar-cutter and plastic-bag-wielding antihero Jack Bauer with a record-breaking viewing marathon that will require nine fans of the show to prove their worthiness by staying awake for all six seasons.

On the sunny afternoon when the marathon begins, the contestants are getting their final instructions just next to the raised dais in the middle of the Yorkdale shopping mall where they'll spend the next six days and nights trying to keep their eyes open and fixed on Jack Bauer's ongoing adventures on the TV in front of them.

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

On the stage just a few steps from the Apple Store and Bikini Village, they've already set out their survival essentials in or around the big, temptingly cozy La-Z-Boy loungers given to Global for the event — tissues and lip balm, water bottles, purses, hoodie sweatshirts and some ill-advised pillows and fleece blankets. According to the contest rules, they have to keep their eyes open and focused on the TV in front of them for all 108 hours of the series if they want a chance at the $24,000 cash prize.

"I'm actually looking at it as a mini holiday," says Marni Hefner, a 35-year-old mother of two who lives just near the mall. "I lead a pretty hectic life and sometimes I just need a break, so I'm looking at this as time by myself watching my favourite show on television. Hopefully I get through because I could really use the money."

The longest anyone has ever watched TV continuously is 69 hours and 48 minutes, a record that whoever's left awake will break early Friday evening, but the Guinness Records people have allowed 15-minute breaks every three hours. Sleep deprivation can cause anything from delirium and constipation to tremors, but the moment the scrutineers see a head nod or two eyes close, a contestant is disqualified. A publicist confides to me that they're out the moment they soil themselves or their chair.

"I did a little bit of research on the Internet," says Matt Clark, a 23-year-old security guard at Sears. "The 15 minute breaks we get are pretty crucial. I've got the willpower — I was in cadets so I know how to control myself. You've got to control your adrenaline because $24,000 is nothing to laugh at."

"I thought at first I'd take little power naps during the 15 minute breaks," says Sylvie Lamoureux, a 48-year-old Wal-Mart cashier from Chatham, "but I won't because I know I'll just feel worse."

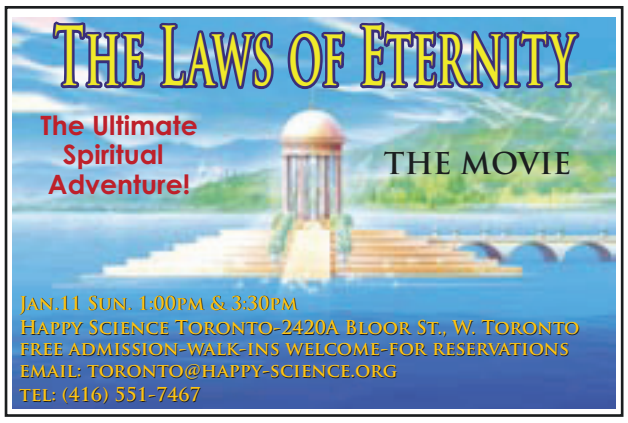
Twenty-four hours later, just one contestant leaves after paramedics express concern about her heart rate, but the other eight are holding on. "About two or four o'clock this morning, I was just rolling back my head," says Marni Hefner. "I need a jolt of energy to get through this."

"The last little bit before the break I hit the brick wall," says Matt Clark as the break ends. "I came over that brick wall and now it's smooth sailing."

Rick McGinnis writes about music, movies, books and television, but not opera.

RICK MCGINNIS/METRO TORONTO

These fans are trying to spend six days and nights watching 24.



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TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/8/09 primetime	265	353	2	TVO	Titanic Tech The Titanic.		The Agenda With Steve Paikin		England Expects		Masterworks		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Life (N)		The Office	Billable Hours	The Unit		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	The Nature of Things		Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Ugly Betty (N)		30 Rock	30 Rock	Murdoch Mysteries		News (N)
	212	313	8	CTV	etalk	Hollywood	CSI: NY (HDTV)		Grey's Anatomy (N)		(10:01) ER (HDTV) (N)		News (N)
	218	345	11	E!	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	*All the Good Ones Are Married* (2007, Drama) Premiere.				News (N)
	137	763	13	TFO	L'Appel du large		Pointe-aux-chimères		*Casque d'or* ★★★ (1952, Drame) Simone Signoret.				Presserebelle
	-	-	14	-	Cold Case "Rampage"		News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	Smallville "Bride"		Supernatural (HDTV)		Tragically Hip: That Night in Toronto		
	-	387	16	CBS	Inside Edition	Hollywood	CSI: NY (HDTV)		CSI: Crime Scene Invstgtn.		(10:01) Eleventh Hour		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Name Is Earl	Kath & Kim (N)	The Office	30 Rock	(10:01) ER (HDTV) (N)		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (N)		Grey's Anatomy (N)		(10:01) Private Practice (N)		News
	219	346	20	ACH-B	Instant Star	TMZ (N)	Wanna Bet?		Eleventh Hour "Frozen"		(10:01) Private Practice (N)		News (N)
	-	-	28	FOX	Judge Judy (N)	Foot. Pregame	(8:15) College Football FedEx BCS National Championship -- Florida vs. Oklahoma. (HDTV) (Live)						
	-	388	61	PBS	News-Lehrer	Goodnight Swt.	Great Performances (HDTV) Kevin Kline stars as Cyrano de Bergerac. (N)					Carnegie Hall	Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Smallville "Bride"		Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV) (N)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Smallville
news	502	390	26	NW	CBC News	Newman	The Hour Russell Peters.		CBC News: The National		The Nature of Things		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	CNBC Reports (HDTV)				Dirty Money: Prostitution		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	Hockeycentral	NHL Hockey Toronto Maple Leafs at Montreal Canadiens. (HDTV) (Live)					Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey!	College Football FedEx BCS National Championship -- Florida vs. Oklahoma. (HDTV) (Live)							
	411	457	58	OLN	Bounty Hunter	Dakar Rally	Survivorman		Mantracker		Bounty Hunter	Dakar Rally	Survivorman
	417	406	81	SC	Pinks (HDTV)	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked	Wrecked	Pinks
family	551	542	25	YTV	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Adrenaline Proj	Prank Patrol	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama	The Critic	Robot Chicken	Undergrads
	556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	House	Maxed Out
	570	580	29	MM	Gossip Girl		Degrassi: Next	Degrassi: Next	Brooke Knows	Brooke Knows	Gossip Girl		Video on Trial
	615	520	31	A&E	The First 48		The First 48 (HDTV)		The First 48 (HDTV) (N)		The First 48 (HDTV)		The First 48
	700	800	35	TLN	Centrovetrine	Sky TG 24	La Notte di Pasquino				Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Back In	AC/DC: No Bull			Revival	Tommy Lee	Where You At	Celeb Wrestle
	575	583	38	CMT	Hottest Women of Country		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	616	521	39	SHO	The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*Starsky & Hutch* ★★ (2004, Comedy)		
	620	523	40	BVO	Camera	Snapshot	Bathroom Divas-Opera Star		*Johnny Tootall* (2005, Drama) Adam Beach, Alex Rice.				Law & Order
	601	562	41	SLC	Til Debt-Part	Rich Poor	Bulging Brides	Bulging Brides	Last 10	Last 10	The Biggest Loser		ET Canada
	522	506	43	HIS	NCIS "Shalom"		Lost Worlds		Deep Wreck Mysteries		NCIS "Shalom"		Ancestors
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP	Choc. News	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	Friends	Friends	Friends	Friends	*The Recruit* ★★ (2003, Suspense)		
	576	582	49	BET	106 & Park	*Notorious B.I.G. Bigger Than Life* (2007, Documentary) Premiere.					American Gangster		Judge Hatchett
	627	528	50	SPC	Lost (Part 2 of 2)		Lost		Rabbit Fall	Rabbit Fall	Ghost Hunters International		Stargate SG-1
	581	566	52	MTV	Mom & Dad	After	MTV News	Cribs	The Real World		True Life "I'm Deaf"		MTV Live
	618	524	54	TROP	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56	FOOD	Chef at Home	Chef at Home	Restaurant Makeover		Unwrapped	Secret Life of	Family	Glutton	Ace of Cakes
	261	394	60	V	Murder, She Wrote		Wait for God	Keeping Up	*When Harry Met Sally...* (1989, Romance-Comedy)				Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Girls Gone Good		The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby
	115	711	101	TVA	Petit monde de Laura Cadieux		Messmer, le fascinateur (N)		Claudine Mercier		TVA 22 heures	(10:45) *Tension* (1995)	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Lost in Austen		The West Wing		Passion	Homicide File	Psychic Inv.
	300	601	301	M1	*Feel the Noise*	(7:25) *You Belong to Me* (2007)			*The Secret* (2007, Suspense)			(10:35) *The Bucket List*	
	305	612	306	PIX	*Vanilla Sky*	(7:25) *Denver & Rio Grande* (1952)			*End of Days* ★ (1999, Horror) Arnold Schwarzenegger.				*A Girl Is a Girl*

critics' corner

End of Days

The title of this grim 1999 melodrama proved sadly prophetic for the great Rod Steiger, as his role here was one of his last. For star Arnold Schwarzenegger, it was one of his least. Ah-nuld plays Cane, an ex-cop fighting the devil (Gabriel Byrne) to save the woman (Robin Tunney) chosen to bear the Antichrist. Kevin Pollak adds some touches of levity as Cane's partner, but it's not enough to save the flick from damnation to the "never mind" bin. 9 PM on PIX

The Nature of Things

Columbus was looking for India. The folks who created Viagra were looking for a high-blood-pressure treatment. In "Gone Sideways," host David Suzuki surveys a number of discoveries and breakthroughs that happened by accident, including some revolutionary cures for diseases and the invention of the X-ray machine. 8 PM on CBC

Flynt sues nephews over use of name

MOVIES Hustler magazine publisher Larry Flynt has sued two of his nephews for selling their own line of adult movies under the same family name.

Flynt accuses the nephews of producing pornographic films that are "inferior products" and "knockoff goods." Flynt said he filed the lawsuit Monday in U.S. District Court to protect his family name in the industry.

THE ASSOCIATED PRESS

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

Milano headed for marriage
Charmed actress Alyssa Milano is engaged to top Hollywood agent, David Bugliari. The pair has been together for over a year, and Bugliari proposed to the actress just before Christmas, according to usmagazine.com. FEMALEFIRST.CO.UK

Celebrity Buzz

I didn't know marriage was fake: Spencer

MARRIAGE Spencer Pratt acknowledges that his marriage to Heidi Montag was fake — but only because he was uninformed, intouchweekly.com reports.

"I didn't even know you have to legalize a wedding," claims Spencer, who tied the knot with Heidi, 22, in a nonbinding ceremony on Nov. 19 in Mexico. "I thought growing up, you say 'I do' and you're married."

METRO NEWS SERVICES

Rihanna sporting rock on finger

RELATIONSHIP R&B sensation Rihanna may be ready to tie the knot with singer Chris Brown.

Rihanna was spotted at Elton John's New Year's Eve bash in London sporting fingerless leather gloves that made it easier to see a massive diamond ring on her wedding ring finger.

Brown allegedly popped the question over the New Year, according to Britain's the Sun newspaper.

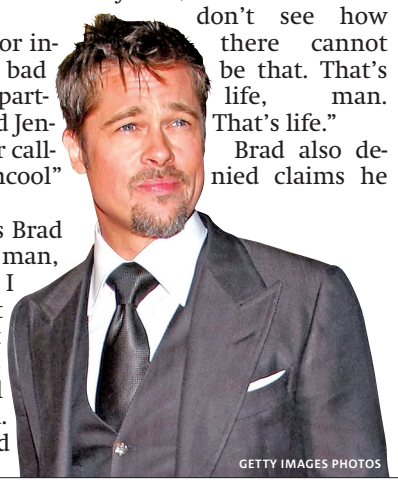
METRO NEWS SERVICES

No bad feelings between Jen and Angie, Brad says

RELATIONSHIP Brad Pitt says ex-wife Jennifer Aniston is a "sweetheart," reports femalefirst.co.uk.

The 44-year-old actor insists there are no bad feelings between his partner Angelina Jolie and Jennifer, despite Jennifer calling Angelina "very uncool" in a recent interview.

The website quotes Brad as saying: "Listen, man, Jen is a sweetheart. I think she got dragged into that one, and then there's a second round to all that Angie versus Jen. It's so created. Jen and I still check in with each other. She was a big part of my life, and me hers. I don't see how there cannot be that. That's life, man. That's life."



GETTY IMAGES PHOTOS

Brad also denied claims he and Angelina started dating while he was still with Jennifer, insisting reports they began a relationship on the set of 2005 movie Mr. and Mrs. Smith were false.

He said to W magazine: "What people don't understand is that we filmed Mr. and Mrs. Smith for a year. We were still filming after Jen and I split up. Even then it doesn't mean that there was some kind of dastardly affair. There wasn't. I'm very proud of the way that it was handled. It was respectful."

METRO NEWS SERVICES

George and Paris together?

RELATIONSHIP Life & Style and In Touch are both claiming the "down to earth" Paris Hilton has been cozying up to George Clooney, msn.com reports.

Seems the typically brunette-preferring, two-time Sexiest Man Alive, 47 — who split from Las Vegas cocktail waitress Sarah Larson in May — and Hilton, 27 — who called it quits with "best friend" Benji Madden in November — were twice spotted out together in Los Angeles last month.

The first sighting took place on Dec. 19 at the Whiskey Bar, where George and Paris supposedly chitchatted, downed drinks, flashed their pearly whites and maintained constant eye contact, msn.com says.

"They were laughing and smiling at each other throughout the night," a spy tells L&S, with another adding to In Touch, "They were gazing into each other's eyes and smiling and laughing."

The following night, the implausible pair was reportedly seen breaking bread at Dan Tana's with an eclectic group of stars and friends.

"Paris was flirting big-time," an eyewitness recalls to In Touch. "And George was soaking it up." METRO NEWS SERVICES

Britney gives up control

PEOPLE It's official: Britney Spears cannot take care of herself. According to Access Hollywood, court papers have been filed giving her father, Jamie, permanent control of her finances and personal life.

Jamie was given temporary control in October. The papers state that Britney "is substantially unable to manage ... her financial resources or to resist fraud or undue influence."

They also describe the singer "is unable properly to provide for his or her personal needs for physical health, food, clothing, or shelter."

METRO NEWS SERVICES

No custody battle, Jodie hopes

LEGAL Jodie Sweetin and estranged husband Cody Herpin "are working hard to avoid a protracted custody battle," the actress's lawyer tells people.com

The former Full House star, 26, and Herpin, 31, attended their first joint mediation session this week at an Orange County, Calif., court.

"They're trying to work things out regarding the sharing of their child," attorney Wilma Presley says. "As far as reconciliation as a couple goes, in family law, you just never know."

Despite recent court drama, "Jodie is doing very well," Presley adds. "She had a very nice Christmas. She had her daughter on Christmas Eve and morning, and so far, the sharing has been smooth."

METRO NEWS SERVICES

Pink wants to give away ex

RELATIONSHIP Pink wants to give her estranged husband away if he marries again, femalefirst.co.uk reports.

The singer has revealed she and Carey Hart have remained close since they separated last year, and she would support him if he ever decides to commit to someone else.

Pink, 29, said: "I told him that I would give him away at his next wedding."

The couple announced they were planning to divorce in February 2008 after two years of marriage.

METRO NEWS SERVICES

The Spirit Alive in Africa

Caught between the rich cultural fabric of the past, and the fierce desire to modernize, Africa finds itself in a constant state of conflict and instability. Many nations in Africa are facing crisis in the truest sense of the word.

Over four weeks in January, Lawrence Park Community Church will hear from four people who are using their faith and their personal experiences to work to make things better, and inspiring hope for the future.

The AIDS Crisis with Mbonella Phiri
Sunday, January 11 at 10:30 am

Gender Issues with Sarah Macharia
Sunday, January 25 at 10:30 am

The Food Crisis with Enock Oduro
Sunday, January 18 at 10:30 am

Politics and Tribalism with Aissatou Diajhaté
Sunday, February 1 at 10:30 am

Lawrence Park Community Church
United • Unorthodox • Unlimited

2180 Bayview Ave, Toronto • There are no tickets to buy for this series, or any other worship event at LPCC. Free parking is available. For more information on this series or any of our other programming, please contact us at 416 489-1551 or visit www.lawrenceparkchurch.ca

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TWN incorporates MSC data
Today Partly sunny -4° / -10°
Friday 40% Flurries -5° / -6°
Saturday 90% 5-10cm of snow -1° / -9°
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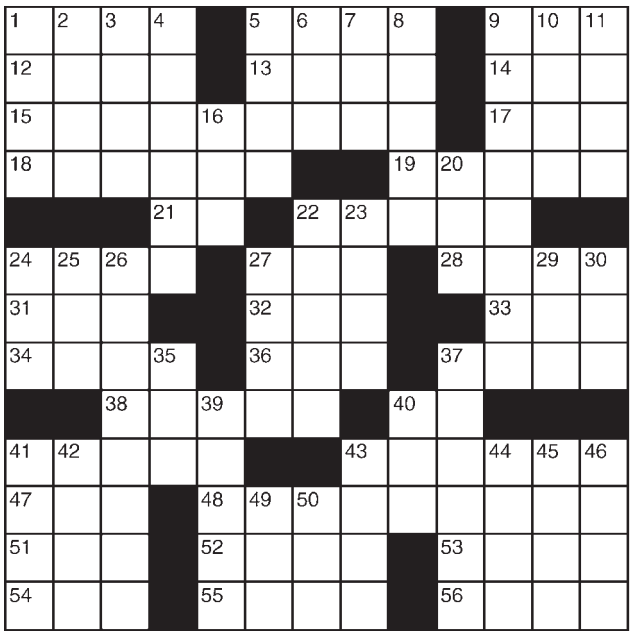

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	4		5			2	7	
2				7		1		3
9				1				
	8	2			6		4	
				8				
	3		7			9	1	
				4				5
7		9		5				2
	5	8			9		6	

Crossword across

1 Heche or Hathaway
5 Kine
9 Aries
12 "Groovy"
13 "Hi, sailor!"
14 First lady?
15 "Becker" star
17 Part of DJIA
18 Record container
19 Go on all fours
21 Concerning
22 Plant louse
24 Nose
lengtheners?
27 Snake eyes
28 Lummoxes
31 Antiquated
32 Toward the stern
33 Savings acronym
34 Puff
36 Greek consonants
37 Let fall
38 Dynamite inventor
40 Author Milne
41 Dictation taker
43 Not quite
47 Spoon-bender Geller
48 "Deliverance" actor
51 Puppeteer Baird
52 Canal zone
53 Dance lesson
54 Fa-la link
55 Hourglass fill
56 Japanese zither

Crossword down

1 Gospels' follow-up
2 Yuletide refrain
3 Protuberance
4 Respectable people?
5 Chaplin prop
6 Surprise cries
7 Court
8 Simultaneity
9 Famed oilfield firefighter
10 Acknowledge
11 Kitten's remark
16 Rd.
20 "Flying Down to —"
22 Terrible
23 Cookware
24 High-arc shot
25 Under the weather
26 Al Bundy's portrayer
27 Domesticate
29 To and —
30 Tree fluid
35 Took the prize
37 Grayish red
39 Skeleton components
40 Milwaukee product
41 Long lunches
42 Small combo
43 Sleeping
44 Sgt. Snorkel's dog
45 Undo a dele
46 Glitch in print
49 Historic time
50 Cacophony

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	P	S	E	■	M	A	P	■	A	C	M	E		
C	O	E	D	■	E	W	E	■	G	O	O	P		
H	O	T	W	A	T	E	R	■	A	L	T	O		
E	L	A	I	N	E	■	E	L	I	D	E	S		
■	■	■	N	O	R	■	Z	I	N	C	■	■		
A	S	H	■	N	E	T	■	P	S	A	L	M		
B	O	O	T	■	D	I	P	■	T	S	A	R		
E	N	T	R	Y	■	P	I	G	■	E	M	S		
■	■	S	U	E	D	■	M	O	D	■	■	■		
O	C	T	A	N	E	■	P	L	A	S	M	S		
S	H	U	N	■	C	O	L	D	F	E	E	T		
L	E	F	T	■	A	D	E	■	F	R	A	Y		
O	F	F	S	■	Y	E	S	■	Y	A	L	E		

5	7	9	6	3	8	1	4	2
1	6	8	2	9	4	3	7	5
3	4	2	1	5	7	9	8	6
8	3	1	5	7	6	4	2	9
7	2	4	8	1	9	6	5	3
6	9	5	4	2	3	8	1	7
9	5	3	7	4	1	2	6	8
4	8	7	9	6	2	5	3	1
2	1	6	3	8	5	7	9	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Pork chops with parsnips and maple pear wedges

INGREDIENTS:
4 lean pork chops, trimmed of fat
2 tbsp (25 ml) olive oil
2 garlic cloves, finely chopped
2 tbsp (25 ml) chopped fresh sage
1/2 tsp (2 ml) fennel seeds, roughly crushed
1/4 cup (60 ml) balsamic vinegar
2 red onions, quartered
4 potatoes (about 1 lb/500 g in total), peeled and quartered
2 large parsnips, peeled and quartered lengthways
1 large pear, ripe but firm
2 tbsp (25 ml) maple syrup

METHOD:
1. Place chops in wide dish. Sprinkle over oil, garlic, sage, fennel seeds and 2 tbsp (25 ml) balsamic vinegar. Turn to coat evenly, then cover and place in refrigerator to marinate for 1 hour.
2. Preheat oven to 400 F (200 C). Combine onions, potatoes and parsnips in large roasting pan. Add pork chops with marinade and turn vegetables to coat evenly. Spread out vegetables in a single layer, with chops on top. Season to taste. Roast for about 40 minutes until vegetables are tender and golden.
3. Core pear and cut into eight slices. Toss in remaining balsamic vinegar and maple syrup. Remove roasting pan from oven and arrange pear slices over chops, spooning over syrup mixture.
4. Return to oven and roast for a further 10–12 minutes until pears are tender. Serve pork chops topped with pear slices and juices, with roasted vegetables alongside.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A commotion forces you to look for an adviser. A bullying fool comes between you and an outsider. You'll enjoy an unforgettable day.

TAURUS
APRIL 21-MAY 21
You'll influence a thoughtful person. A woman will give you a moving response. A relevant call will change your opinion.

GEMINI
MAY 22-JUNE 21
You'll ditch a fruitless task. A thin guy is in a crude predicament. Somebody can help you in a boring situation.

CANCER
JUNE 22-JULY 22
A collector wants to concentrate on the good news. A companion gives you a fine gift. Financial opportunities will gratify a senior.

LEO
JULY 23-AUG 23
An awkward man disputes a change. You'll feel like you're moving the wrong way. Pleasure can be shared with a rebel.

VIRGO
AUG 24-SEPT 22
Keep a straight face when someone asks you to pay. Don't mess around with a miracle worker. A whiny friend needs to see a therapist.

LIBRA
SEPT 23-OCT 23
Someone's attention puts a sparkle in your eye. A friendly employer has a hidden agenda. Unusual risks will be taken by the usual person.

SCORPIO
OCT 24-NOV 22
A wise guy's chatter will exhaust you. Don't make the first move when you're doubtful. A know-it-all wants to make a good impression.

SAGITTARIUS
NOV 23-DEC 21
A woman won't hide her feelings. Someone is just begging for more attention. A thoughtless person will tease you.

CAPRICORN
DEC 22-JAN 20
You'll witness some moments of bad behaviour. A schemer wants to spend time with you. You'll be able to tolerate a lack of sympathy.

AQUARIUS
JAN 21-FEB 18
Something serious takes place. Political issues cause talk of tribulation. A magnetic man will prove to be trustworthy.

PISCES
FEB 19-MARCH 20
A suspicious person has lousy luck. Pay no heed to disgruntled people. You'll find a way to avoid temptation.

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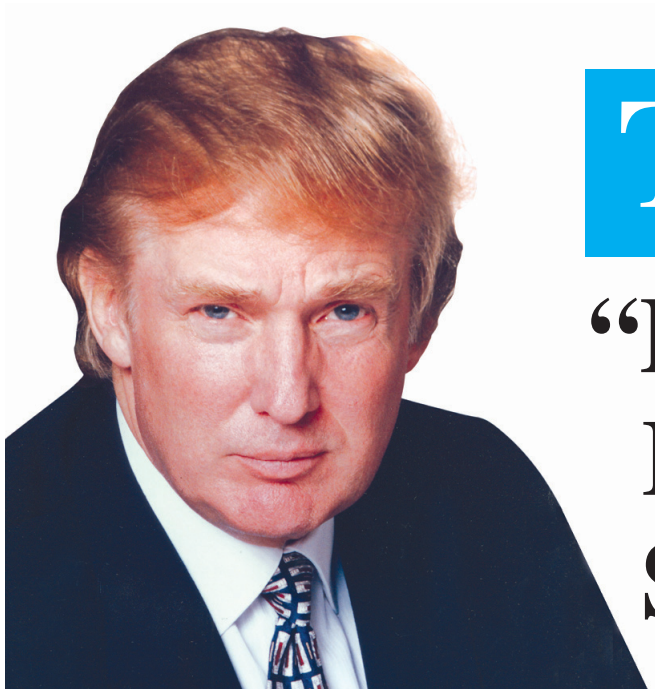
An Open Letter From Donald Trump To All Toronto Area Residents

Who Want To Get Rich In Real Estate & Business!



Trump Tells All!

"I've Made Billions And Now I want To Share My Success Secrets With You!"

– Donald Trump,
Executive Producer, The Apprentice, NBC • Chairman, Trump Institute

Dear Toronto Area Resident,

Have you seen my TV show, *The Apprentice*? It's been one of the top rated shows on NBC for eight consecutive seasons!

Not only that, it has made me a media phenomenon and forever changed my life.

And now, at the age of 60, I've decided to make a bold move to share my knowledge and experience in such a way that it could be a great advantage to you.

What Kind Of Advantage?

The best kind of advantage; the kind of advantage that could make you money and make you rich.

If you are seriously interested in hearing what I have to say about being successful, about making money and about getting rich, please read every word of this letter carefully. It contains an invitation for you to discover what has taken me the better part of my life to learn and put into action.

Please let me explain.

Before *The Apprentice,* I was famous for building the world's largest and most beautiful buildings, golf courses and casinos, and for being a marketing whiz when it comes to succeeding in business. Everywhere I went people treated me like royalty and I was generally considered a big shot.

Everything Has Changed!

Because of *The Apprentice,* everything has changed. I have truly become a household word, globally. Everywhere I go people say something to me. Sometimes they say, "Trump, you're fired!" Or, "You're hired!" But always, they greet me with respect, humor and friendship. It's like they know me personally.

I love that!

With this monumental fame there comes a great responsibility (and an enormous opportunity) to make a huge contribution to the North American economy.

Something Extraordinary For You!

Since the amazing success of *The Apprentice,* I have been wondering what to do with this new power of worldwide fame. Recently I got the idea to do something truly extraordinary and totally outside of the box.

What I've decided is that I want to train and educate the next generation of real estate moguls and business entrepreneurs. Why?

There are two very good reasons:

Reason #1:

America's been very good to me and my family and this is a great way I can give back to the country and help stimulate real economic growth.

Reason #2:

I believe that what I have to share will create so much success for my students, that I will leave a legacy as being the father of modern real estate acquisition and entrepreneurial success.

You see, one thing you should know about me is that more than anything, I want to be known as a great businessman, maybe even the greatest!

That's why I have created Trump Institute.

Want To Know How I Do It?

Would you like to know how I buy and sell real estate? How I pick properties for huge profits and high yield equity gains?

Would you like to know what I look for when buying a business or starting a new business? If so, I'm inviting you to come to a special seminar introducing Trump Institute. At this seminar you'll see first hand the type of education I am offering.

Who Should Attend?

If you're asking yourself, "could this be the moment that changes everything for me?" All I can say is, you'll never know unless you try.

Your Success Depends On You!

Ultimately, your success depends on you, and with my help, you can get an education and an advantage that has not only proven to work for me, but it has also worked for many of the world's richest men and women.

You see, in my quest to be the best, I have sought the advice and guidance from people who have also experienced mega-billionaire success. I have incorporated their techniques and experiences into my own personal treasure chest of successful business and real estate knowledge, strategies, and wisdom.

A Powerful Team of Experts!

I also have an incredible team of business entrepreneurs and real estate mavens (very talented experts), who deliver my material and my lessons.

These are men and women who are highly successful professionals in business and real estate. They speak from my lips to your ears and they back it up with experience, knowledge and wisdom. I wouldn't put my name on it any other way.

Money-Making Skills

Through this seminar you'll learn practical money-making advice about how to be successful in business and how I invest in real estate.

Here's just a sample of what you'll learn:

- **You are going to learn the Trump Way to get cash back when you BUY a property.**
- Learn the Trump Way to get other people to jump-start your business.
- **The Trump Way to find great deals in the hidden markets others don't know about.**
- The Trump Way to finance your business without putting up your house or risking personal liability.
- **The Trump Way to build YOUR real estate empire property by property**
- You will discover the Trump Way to make piles of cash.
- **You will learn the Trump Way to get the government to buy your product and rent your properties.**
- You'll see the Trump Way to negotiate with bankers—and win big!
- **The Trump Way to be your own boss—forever.**
- The Trump Way to build your retirement account quickly and live the lifestyle of your dreams.
- **The Trump Way to stop paying high taxes.**
- The Trump Way to build your Power Team—the right way.
- **The Trump Way to structure your business organization for maximum profit and protection.**
- The Trump Way to make terrific deals on real estate in a buyers OR sellers market.

If you're serious about winning in business or catching the world's greatest wave of real estate profits, come to this introductory seminar. There are more opportunities in business and real estate in the **Toronto** area than ever before.

This Is Your Invitation

It is for this reason that I am making an absolutely irresistible invitation for you to attend my Trump Institute Introductory Seminar.

It's FREE!

Here's the deal: Admission is FREE, but you must call and make a reservation.

Sincerely,

Donald J. Trump

P.S. When I said I was going to give you my best deal, I wasn't kidding! See below!

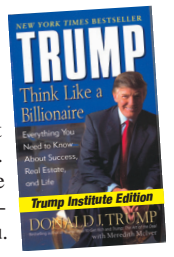
P.P.S. My Best Deal!

My Best Selling Book

FREE!

As a special bonus for all seminar attendees, I am offering free, a special edition copy of my best selling book:

Think Like A Billionaire!



This is a fantastic business and real estate book and has been a best-seller in book stores around the country.

You'll receive this book FREE, with my compliments and best wishes, at the end of the seminar. There are several days to choose from and several locations available. Look for a location near you. Call today! Thank you.

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- **SUN., JAN. 11TH**
  9:00am or 3:00pm
  Delta Chelsea Hotel
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  Toronto, ON M5G 1Z4
  (Yonge & Gerrard St. W.)

- **MON., JAN. 12TH**
  1:00pm or 7:00pm
  Holiday Inn Hotel & Suites Markham
  7095 Woodbine Avenue
  Markham, ON L3R 1A3
  (Corner of Woodbine & Steeles Ave.)

- **TUE., JAN. 13TH**
  1:00pm or 7:00pm
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